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Directory of Seniors' Organizations in Alberta



A source for information on
seniors' organizations across Alberta.

Alberta



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Introduction

The *Directory of Seniors' Organizations in Alberta* is one of many initiatives by the provincial government to keep seniors informed of services and programs that contribute to their well-being and independence. The directory is intended to help Albertans locate programs for seniors that promote active living, limit isolation and help seniors contribute to their community.

This edition of the *Directory of Seniors' Organizations in Alberta* is the first to include information on aboriginal friendship centres. Friendship centres are a valuable source of information for aboriginal seniors and we are pleased to include them in this guide.

Directory Criteria

Organizations included in the directory have met certain criteria. The organizations must be not-for-profit and offer at least one on-going service or activity designed for seniors. Only those organizations that submitted a completed questionnaire were considered for inclusion in the directory.

Directory Organization

The directory contains an alphabetical list of select national and provincial organizations as well as a list of local seniors organizations. An index is included at the back of the directory.

Keeping Information Current

The information contained in this document is subject to change. New organizations emerge and others move or disband. Updates will continue to be made to the website version of the directory, at www.seniors.gov.ab.ca. To request additional copies or to offer updates, please contact Alberta Seniors and Community Supports by mail, telephone or fax:

Alberta Seniors and Community Supports
Seniors Services Division
Client and Information Services
Box 3100
Edmonton, Alberta T5J 4W3

Tel: 1-800 642-3853
Fax: (780) 422-8762

Acknowledgements

Thank you to all the organizations that took the time to provide their information.

Introduction

Categories Used

Services and activities described in the directory are listed in categories. The following is a list of the categories with examples:

Arts and Crafts	Quilting, painting, woodworking, sewing, craft classes
Clinics	Flu, blood pressure, cholesterol, hearing, foot care
Clubs	Book, writing, photography, travel groups
Fitness	Walking, tai chi, swimming
Food	Drop-in tea/coffee, food bank, funeral lunches, potluck dinners, cafeteria
Home Care	Meals-on-Wheels, handyman, yard maintenance, shopping assistance, visitation
Information Services.....	Internet access, tax preparation, resource library, form preparation
Instruction	Computer classes, English as a second language classes, guest speakers
Legal Services.....	Advocacy, Commissioner of Oaths
Music	Choir, sing-along, band
Sport/Recreation	Shuffleboard, floor curling, pool, carpet bowling, cards, board games, dancing
Support Services	Counselling, help for addictions, widow(er)s, peer support, outreach
Transportation.....	Volunteer drivers, handi-van
Other	Other services and activities not included in the above categories

To find out more about the exact nature of programs and services offered, please contact the seniors' organization directly.

National and Provincial Organizations

Alberta 55 Plus

101-525 11 Ave SW
Calgary AB, T2R 0C9
Tel: (403) 297-2703
Fax: (403) 297-6669

Email: ascra@telus.net
Website: www3.telus.net/ascra
Hours: Mon-Fri: 7:30 am-3:30 pm
Annual Fee: \$15.00 or \$25.00/2 yrs
Minimum Age: 55

Alberta 55 Plus (formerly the Alberta Senior Citizens Sport and Recreation Association) provides a social atmosphere for older adults to engage in physical and other activities at the level of their choice.

Alberta Association on Gerontology

100A-1509 Centre St S
Calgary AB, T2G 2E6
Tel: (403) 303-6082
Fax: (403) 233-0295

Email: darlene.bourgeois@calgaryhealthregion.ca
Website: www.aagweb.ca
Hours: Mon-Fri: 8:00 am-4:00 pm
Annual Fee: \$15.00/student, \$20.00/senior, \$30.00/indiv, \$45.00/org

The Alberta Association on Gerontology provides a vehicle for networking among individuals and organizations that have an interest in aging and older persons. Members receive quarterly newsletters and invitations to educational events and networking functions.

Alberta Centre for Active Living

Flr 3-11759 Groat Rd
Edmonton AB, T5M 3K6
Tel: (780) 427-6949
Fax: (780) 455-2092

Email: active.living@ualberta.ca
Website: www.centre4activeliving.ca
Hours: Mon-Fri: 8:30 am-4:30 pm
Minimum Age: 18

The Alberta Centre for Active Living works with practitioners, organizations and communities to improve health and quality of life through physical activity.

Alberta Council on Aging

210-14964 121A Ave
Edmonton AB, T5V 1A3
Tel: (780) 423-7781
Fax: (780) 425-9246

Email: acaging@interbaun.com
Website: www.acaging.ca
Hours: Mon-Fri: 8:30 am-4:30 pm
Annual Fee: \$15/household, \$30/orgs, \$100/corps

The Alberta Council on Aging is a province-wide organization of groups and individuals interested in issues related to Alberta's aging population. The group publishes the ACA Newsletter and sponsors the Senior Friendly™ project which educates businesses, government and other organizations on meeting the needs of seniors.

Alberta Gerontological Nurses' Association

c/o Education Resource Centre
Centre 15-1509 Centre St S
Calgary AB, T2G 2E6
Tel: (403) 303-6082

Email: darlene.bourgeois@calgaryhealthregion.ca
Website: www.agna.ca
Annual Fee: \$60.00

Alberta Gerontological Nurses' Association fosters the health of older adults through the promotion of standards, learning, networking and research in gerontological nursing.

National and Provincial Organizations

Alberta Retired Teachers' Association

408-11010 142 St
Edmonton AB, T5N 2R1
Tel: (780) 447-9474
Fax: (780) 447-0613

Email: altat@telusplanet.net
Website: www.telusplanet.net/public/altat
Hours: Mon-Thurs: 9:00 am-3:00 pm
Annual Fee: \$15.00

The Alberta Retired Teachers' Association (ARTA) offers advice and help for all Alberta retired teachers on issues that affect their well-being. Membership includes a newsletter and access to a group benefits plan.

Alberta Seniors Citizens Housing Association (ASCHA)

9711 47 Ave
Edmonton AB, T6E 5M7
Tel: (780) 439-6473
Fax: (780) 433-3717

Email: ascha@ascha.com
Website: www.ascha.com
Hours: Mon-Fri: 8:00 am-4:30 pm

The Alberta Seniors Citizens Housing Association offers an on-line searchable housing registry and general information on the seniors housing industry.

Alzheimer Society of Alberta and NWT

134-1935 32 Ave NE
Calgary AB, T2E 7C8
Tel: (403) 250-1303
Fax: (403) 250-8241

Website: www.alzheimer.ab.ca
Hours: Mon-Fri: 8:30 am-4:30 pm
Other Office Locations: Calgary, Edmonton,
Grande Prairie, Medicine Hat, Lethbridge,
Red Deer

A not-for-profit organization dedicated to alleviating the personal and social consequences of Alzheimer Disease and related disorders. The society runs a number of critical programs for people with the disease, their families and their caregivers including support groups, education and information sessions, as well as linking participants to community resources.

Association of Adult Day Support Programs

209-10010 107A Ave
Edmonton AB, T5H 4H8
Tel: (780) 434-4747
Fax: (780) 433-3758

Email: admin.asst@aadsp.ca
Hours: Mon-Fri: 8:00 am-4:00 pm

The Association of Adult Day Support Programs strives to help seniors remain independent and to provide caregivers opportunities for time with themselves. The Association provides two adult day support programs and one caregiver support program.

National and Provincial Organizations

Canadian Cancer Society Alberta/NWT Division

200-215 12 Ave SE
Calgary AB, T2G 1A2
Tel: 1-800-611-2262
Fax: (403) 205-3979

Email: info@cancer.ab.ca
Website: www.cancer.ca
Hours: Mon-Fri: 8:30 am-4:30 pm

The Canadian Cancer Society Alberta/NWT Division is a national, community based organization of volunteers whose mission is to eradicate cancer and enhance the quality of life for people living with cancer. The society provides support and education, as well as funding for research on all types of cancer.

Canadian Diabetes Association - Northern Alberta & NWT

1010-10117 Jasper Ave
Edmonton AB, T5J 1W8
Tel: (780) 423-1232
Fax: (780) 423-3322

Email: abinfo@diabetes.ca
Website: www.diabetes.ca
Hours: Mon-Fri: 8:30 am-4:30 pm

The Canadian Diabetes Association-Northern Alberta and NWT region provides information, public awareness, support, referrals and education about diabetes.

Canadian National Institute for the Blind

12010 Jasper Ave NW
Edmonton AB, T5K 0P3
Tel: (780) 488-4871
Fax: (780) 482-0017
TTY Device: (780) 482-2791
Toll free: 1-866-459-2648

Email: alberta@cnib.ca
Website: www.cnib.ca
Hours: Mon-Fri: 8:30 am-4:30 pm
Other Office Locations: Calgary, Edmonton,
Grande Prairie, Lethbridge, Medicine Hat,
Red Deer

The Canadian National Institute for the Blind (CNIB) provides counselling, sight enhancement, orientation and mobility training, financial support for visual aids, public awareness, braille and talking book library. CNIB services are free to anyone experiencing difficulties as a result of vision loss.

Deaf and Hard of Hearing Services

63 Cornell Road NW
Calgary AB, T2L 0L4
Tel: (403) 284-6200
Fax: (403) 282-7006
TTY Device: (403) 284-6201

Email: reception@dhhs.org
Website: www.dhhs.org
Hours: Mon-Fri: 8:30 am-12:00 pm, 1:00-4:30 pm
Annual Fee: \$19.00/senior, \$25.00/adults
Minimum Age: 18

Deaf and Hard of Hearing Services (DHHS) is committed to providing services designed to overcome communication barriers caused by hearing loss. DHSS provides support, information, and education, as well as sign language interpretation services.

National and Provincial Organizations

Federal Superannuates National Association

1904 13 Ave N
Lethbridge AB, T1H 4W9
Tel: (403) 328-0801

Email: fsna18@telus.net
Hours: Tues-Thurs: 10 am-12 pm (Jul-Aug) Mon-Fri: 10 am-12 pm, 1:30-3:30 pm (Sep-May)
Annual Fee: \$30.00/single, \$40.20/couple

Provides support to federal government, RCMP and Canadian Forces retirees. Offers volunteer tax return preparation.

Heads-Up Fraud Prevention Association

c/o Edmonton Police – Economic Crimes
9620 103A Ave
Edmonton AB, T5H 0H7
Tel: (780) 877-4323
Fax: (780) 439-5717 or (780) 421-2286

Email: info@heads-up.ca
Website: www.heads-up.ca

Develops and delivers fraud prevention information to the public in order to increase awareness and decrease victimization in relation to fraud related activities.

Osteoporosis Society of Canada

162-1402 8 Ave NW
Calgary AB, T2N 1B9
Tel: (403) 237-7022
Fax: (403) 220-1727

Email: osteoaab@telus.net
Website: www.osteoporosis.ca
Annual Fee: \$20.00, \$38.00/2 yr

The Osteoporosis Society of Canada educates, empowers and supports individuals and communities in the prevention and treatment of osteoporosis.

Parkinson's Society of Alberta

3Y18-Edmonton General
11111 Jasper Ave
Edmonton AB, T5K 0L4
Tel: (780) 482-8993
Fax: (780) 482-8969

Email: info@parkinsonalberta.ca
Website: www.parkinsonalberta.ca
Hours: Mon-Fri: 8:30-4:30 pm
Annual Fee: \$25 donation
Other Office Locations: Calgary, Edmonton

The Parkinson's Society of Alberta provides information, education and support for persons with Parkinson's, their families and caregivers, and health professionals. The Society offers monthly newsletters and a speech education program.

Victorian Order of Nurses

100-4936 87 St
Edmonton AB, T6E 5W3
Tel: (780) 466-0293
Fax: (780) 463-5629
Email: info@vonedmonton.ab.ca

Website: www.von.ca
Hours: Mon-Fri: 8:00 am-4:30 pm
Other Office Locations: Calgary, Edmonton, Medicine Hat, Grande Prairie

The Victorian Order of Nurses (VON) provide home health care and support services, community support services and health promotion such as flu and wellness clinics.

Local Seniors Organizations

Acadia Valley

Acadia Valley Sunset Club

Main St 1 Ave N
Acadia Valley AB, T0J 0A0
Tel: (403) 972-2153

Annual Fee: \$10.00

Minimum Age: 50

Clinics, Fitness, Food, Music, Sports and Recreation,
Family Gatherings

Acme

Acme Seniors

112 Main St
PO Box 562
Acme AB, T0M 0A0
Tel: (403) 546-3094

Hours: Tues, Thurs, Sat: 12:00-4:00 pm, Wed: 1:00-4:00 pm

Annual Fee: \$15.00

Minimum Age: 55

Food, Sports and Recreation

Alberta Beach

Alberta Beach and District Senior Citizens Club

5012 49 Ave
PO Box 263
Alberta Beach AB, T0E 0A0
Tel: (780) 924-3636
Fax: (780) 924-3594

Annual Fee: \$15.00

Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food,
Information, Instruction, Sports and Recreation, Social
Events

Alliance

Alliance Fun For All Social Club

PO Box 14
Alliance AB, T0B 0A0
Tel: (780) 879-2219

Hours: Wed: 1:00-4:00 pm (Oct-May)

Annual Fee: \$20.00

Arts and Crafts, Clinics, Fitness, Food, Instruction,
Sports and Recreation

Amisk

Amisk Senior Society

Main St
c/o PO Box 31
Amisk AB, T0B 0B0
Tel: (780) 856-2291

Hours: Tues, Thurs: 2:00-5:00 pm

Annual Fee: \$5.00

Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Food, Sports and
Recreation, Transportation

Local Seniors Organizations

Andrew

Andrew Rainbow Club

PO Box 518

Andrew AB, T0B 0C0

Tel: (780) 365-2457

Hours: Tues, Thurs: 10:00 am-12:00 pm

Annual Fee: \$5.00, \$100.00/lifetime

Minimum Age: 55

Clinics, Clubs, Fitness, Food, Information, Instruction,
Legal Services, Music, Sports and Recreation, Support,
Transportation

Ardrossan

Ardrossan Seniors Club

21 Queen St

PO Box 75

Ardrossan AB, T8E 2A2

Tel: (780) 922-3134

Fax: (780) 922-3743

Email: ardowling@shaw.ca

Annual Fee: \$10.00, free for 80+

Minimum Age: 55

Arts and Crafts, Clinics, Food, Sports and Recreation

Ashmont

Ashmont Seniors

PO Box 256

Ashmont AB, T0A 0C0

Hours: Tues: 1:00-4:00 pm

Annual Fee: \$5.00

Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Food, Sports and
Recreation, Social Events

Athabasca

Athabasca & District Senior Citizens Society

4810 48 St

Athabasca AB, T9S 1V8

Tel: (780) 675-2982 or (780) 675-4734

Hours: Mon-Fri: 9:00 am-4:00 pm, plus evening
activities

Annual Fee: \$10.00

Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home
Care, Instruction, Music, Sports and Recreation,
Transportation

Local Seniors Organizations

Athabasca

Athabasca Native Friendship Centre Society

4919 53 St

Athabasca AB, T9S 1L1

Tel: (780) 675-3086

Fax: (780) 675-3063

Email: anfcs@telusplanet.net

Website: www.albertafriendshipcentres.ca

Hours: Mon-Fri: 9:00 am-5:00 pm

Annual Fee: \$3.00/single \$10.00/family

Arts and Crafts, Food, Information, Instruction, Legal Services, Support

Banff

Banff Senior Citizens Society

107 Bear St

PO Box 2194

Banff AB, T1L 1B9

Tel: (403) 762-4830

Fax: (403) 762-4830

Hours: Mon-Fri: 2:00-4:00 pm

Annual Fee: \$15.00

Minimum Age: 55

Arts and Crafts, Fitness, Food, Music, Sports and Recreation

Barons

Barons Senior Citizens Society

Main St

PO Box 238

Barons AB, T0L 0G0

Tel: (403) 757-2022

Fax: (403) 757-3790

Hours: Mon, Wed, Fri: 1:00-5:00 pm

Annual Fee: \$10.00

Minimum Age: 50

Clinics, Food, Instruction, Sports and Recreation, Transportation

Barrhead

Barrhead & District Senior Citizens Society

5437 49 St

PO Box 4457

Barrhead AB, T7N 1A3

Tel: (780) 674-5109

Annual Fee: \$10.00

Minimum Age: 55

Clinics, Food, Music, Sports and Recreation, Facility Rentals

Bassano

Pioneer Damsitters Drop-In Centre

317 2 Ave

PO Box 268

Bassano AB, T0J 0B0

Tel: (403) 641-3604

Annual Fee: \$5.00

Minimum Age: 55

Clinics, Clubs, Food, Music, Sports and Recreation

Local Seniors Organizations

Bawlf

Bawlf Senior Citizens Society

Hanson St
PO Box 82
Bawlf AB, T0B 0J0
Tel: (780) 373-2566

Annual Fee: \$20.00

Minimum Age: 45

Arts and Crafts, Clubs, Food, Information, Sports and Recreation

Beaumont

St. Vital Seniors Centre

5204A 50 Ave
Beaumont AB, T4X 1E3
Tel: (780) 929-2725
Email: rgosselin@shaw.ca

Hours: Mon-Sat: 9:00-11:00 am, Tues: 1:00-3:00 pm,
Thurs: 7:00-10:00 pm

Annual Fee: \$15.00

Minimum Age: 55

Clubs, Food, Instruction, Sports and Recreation,
Transportation

Beaverlodge

Beaverlodge Senior Citizens Association

301 10 St
PO Box 924
Beaverlodge AB, T0H 0C0
Tel: (403) 354-3000
Fax: (403) 354-3000

Hours: Mon-Fri: 9:00 am-3:00 pm

Annual Fee: \$15.00

Minimum Age: 55

Food, Music, Sports and Recreation, Transportation

Beiseker

Golden Years Town and Country Club

411 5 St
PO Box 414
Beiseker AB, T0M 0G0
Tel: (403) 947-2664
Email: henwood@telusplanet.net

Hours: Tues, Thurs: 7:00-10:30 pm

Annual Fee: \$5.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Sports
and Recreation

Bellevue

Bellecrest Senior Citizens

2413 213 St
PO Box 426
Bellevue AB, T0K 0C0
Tel: (403) 564-2939

Hours: Tues: 1:30-4:00 pm, every other Wed: 1:00-
4:00 pm

Annual Fee: \$3.00

Minimum Age: 55

Clinics, Fitness, Food, Information, Sports and
Recreation

Bellis

Bellis Golden Age Society

Bellis Recreational & Cultural Centre
PO Box 66
Bellis AB, T0A 0J0
Tel: (780) 636-3780

Annual Fee: \$5.00

Food

Benalto

Benalto Seniors Leisure Club

4820 50 Ave
PO Box 85
Benalto AB, T0M 0H0
Tel: (403) 746-3436

Minimum Age: 59

Food, Sports and Recreation

Berwyn

Berwyn Golden Age Club

PO Box 355
Berwyn AB, T0H 0E0
Tel: (780) 338-3750
Fax: (780) 338-3750

Hours: Mon-Sat: 12:30-5:00 pm

Annual Fee: \$2.00

Minimum Age: 50

Clinics, Food, Information, Music, Sports and Recreation, Transportation

Big Valley

Big Valley Drop-In Centre

44 Main St
PO Box 13
Big Valley AB, T0J 0G0
Tel: (403) 876-2349
Fax: (403) 876-2340
Email: hstuber@telusplanet.net

Hours: Tues-Fri: 1:00-4:00 pm, Mon: 7:00-10:00 pm

Annual Fee: \$10.00

Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Sports and Recreation, Transportation

Black Diamond

Griffith Memorial Centre

122 Government Rd S
PO Box 1024
Black Diamond AB, T0L 0H0
Tel: (403) 933-4101
Fax: (403) 933-4101

Annual Fee: \$6.00

Minimum Age: 55

Food, Sports and Recreation

Local Seniors Organizations

Bon Accord

Bon Accord Golden Gems Club

4916 52 St
PO Box 472
Bon Accord AB, T0A 0K0
Tel: (780) 921-3888 or 921-2427

Hours: Tues: 1:00-4:00 pm
Annual Fee: \$20.00
Minimum Age: 50

Clinics, Food, Sports and Recreation, Transportation

Bonnyville

Bonnyville Canadian Native Friendship Centre

4711 50 Ave
PO Box 5399
Bonnyville AB, T9N 2G5
Tel: (780) 826-3374
Fax: (780) 826-2540
Email: benferw@incentre.net

Hours: Mon-Fri: 8:30 am-4:30 pm, Summer Hours:
8:00 am-4:00 pm
Annual Fee: \$1.00

Arts and Crafts, Food, Information

Bonnyville Senior Citizens Drop-In Centre

4813 47 Ave
Bonnyville AB, T9N 1M4
Tel: (780) 826-3619
Fax: (780) 826-4032

Annual Fee: \$10.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Music,
Sports and Recreation

Botha

Botha Seniors Activities Club

4914 50 St
PO Box 201
Botha AB, T0C 0N0
Tel: (403) 742-4333

Annual Fee: \$5.00
Minimum Age: 40

Arts and Crafts, Food, Sports and Recreation

Bow Island

Golden Age Club

206 5 Ave E
PO Box 151
Bow Island AB, T0K 0G0
Tel: (403) 545-2992

Hours: Mon-Sat: 1:00-4:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Arts and Crafts, Fitness, Food, Sports and Recreation

Local Seniors Organizations

Bowden

Bowden Friendship Club

2133 18 Ave
PO Box 496
Bowden AB, T0M 0K0

Hours: Mon, Wed-Fri: 1:00-5:00 pm
Annual Fee: \$5.00
Minimum Age: 40

Clinics, Fitness, Food, Music, Sports and Recreation,
Transportation

Boyle

Boyle & District Senior Association

4908 4 St S
PO Box 219
Boyle AB, T0A 0M0
Tel: (780) 689-4093

Hours: Sun-Fri: 1:00-5:00 pm
Annual Fee: \$15.00
Minimum Age: 50

Clinics, Food, Sports and Recreation, Social Events

Bragg Creek

Bragg Creek Snowbirds Seniors Fellowship

19 Balsam Ave
PO Box 135
Bragg Creek AB, T0K 0K0
Tel: (403) 949-3313
Email: bcsenior@telus.net

Hours: Tues: 9:00 am-4:00 pm
Annual Fee: \$15.00
Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Information,
Instruction, Music, Sports and Recreation, Support,
Transportation

Breton

Breton Golden Age Centre

5020 50 Ave
PO Box 306
Breton AB, T0C 0P0
Tel: (780) 696-3691

Annual Fee: \$6.00
Minimum Age: 55

Clinics, Fitness, Food, Information, Sports and
Recreation, Transportation

Brocket

Crowlodge Elders - Piikanin Nation

PO Box 46
Brocket AB, T0K 0H0
Tel: (403) 965-3940
Fax: (403) 965-2214

Annual Fee: \$5.00
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,
Information, Instruction, Legal Services, Music, Sports
and Recreation, Support, Transportation

Local Seniors Organizations

Brooks

Prairie Pioneers Club

511 2 St W
Brooks AB, T1R 0E8
Tel: (403) 362-4665

Hours: Mon-Fri: 9:30-11:30 am, 1:30-4:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Food, Music, Sports and Recreation, Social Events

Seniors Outreach Society

1D-333 2 St W
PO Box 1177
Brooks AB, T1R 1B9
Tel: (403) 362-4131
Fax: (403) 362-6736
Email: seniors.outreach@telus.net

Hours: Mon-Fri: 8:30 am-4:30 pm
Annual Fee: \$10.00
Minimum Age: 55

Arts and Crafts, Clinics, Food, Home Care,
Information, Instruction, Transportation, Outings

Bruderheim

Bruderheim Senior Citizens Club

50 Ave & Queen St
PO Box 344
Bruderheim AB, T0B 0S0
Tel: (780) 796-3055

Hours: Mon-Thurs: 9:45 am-12:00 pm, Tues, Thurs:
6:45-9:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Clinics, Fitness, Food, Information, Instruction, Music,
Sports and Recreation, Support

Buck Lake

Buck Lake Seniors Citizens Drop-In Centre

PO Box 112
Buck Lake AB, T0C 0T0

Annual Fee: \$1.00
Minimum Age: 55

Clinics, Fitness, Food, Music, Sports and Recreation,
Social Events

Byemoor

Endmoor Drop-In Society

PO Box 24
Byemoor AB, T0J 0L0
Tel: (403) 579-3980

Annual Fee: \$3.00
Minimum Age: 45

Clinics, Food, Sports and Recreation

Local Seniors Organizations

Calgary

+55 Connection

907-6223 31 Ave NW
Calgary AB, T3B 3X2
Tel: (403) 288-8302
Fax: (403) 288-8319

Email: homemak@shaw.ca
Annual Fee: \$20.00
Minimum Age: 55 (must be single)

Clubs, Fitness, Food, Social Activities

Banff Trail Community

2420 22A St NW
Calgary AB, T2M 3X7
Tel: (403) 289-4963

Hours: Wed: 1:00-3:00 pm
Annual Fee: \$10.00
Minimum Age: 55

Clubs, Sports and Recreation

Bow Cliff Seniors

608 Poplar Rd SW
Calgary AB, T3C 2Z7
Tel: (403) 246-0390
Fax: (403) 240-3197
Email: bcs.admin@shaw.ca
Website: www.members.shaw.ca/bowcliffseniors

Hours: Mon-Fri: 8:30 am-4:00 pm
Annual Fee: \$15.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation

Bowmont Seniors Assistance Association

5000 Bowness Rd NW
Calgary AB, T3B 0B9
Tel: (403) 286-1811
Fax: (403) 202-5641
Email: bsaa@telus.net
Website: <http://bowmontseniors.org/>

Hours: Mon-Fri: 8:30 am-12:00 pm, 1:00-4:30 pm

Home Care, Information, Support

Bowness Senior Citizens' Club

6422 35 Ave NW
Calgary AB, T3B 2S6
Tel: (403) 286-4488
Email: bowclub1@telus.net

Hours: Mon-Fri: 9:00 am-4:00 pm
Annual Fee: \$10.00
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Music, Sports and Recreation

Calgary

Brentwood Community 55+ Group

c/o Brentwood Community Sportsplex
 1520 B Northmount Dr NW
 5107 33 St NW ☐
 Calgary AB, T2L 1V3
 Tel: (403) 284-3477
 Email: brntwdca@telusplanet.net
 Website: www.brentwoodcommunity.com

Hours: Wed, Thurs: 1:00-4:00 pm

Annual Fee: \$12.50

Minimum Age: 55

Sports and Recreation

Calgary Chinese Elderly Citizens Association

111 Riverfront Ave SW
 Calgary AB, T2P 4Y8
 Tel: (403) 269-6122
 Fax: (403) 269-1951
 Email: cceca@telus.net
 Website: www3.telus.net/cceca

Hours: Mon-Fri: 9:00 am-5:00 pm

Annual Fee: \$15.00

Minimum Age: 50

Clinics, Clubs, Fitness, Home Care, Information,
 Instruction, Legal Services, Music, Sports and
 Recreation, Support, Transportation, Interpretation

Calgary Jewish Community Centre

1607 90 Ave SW
 Calgary AB, T2V 4V7
 Tel: (403) 444-3169
 Fax: (403) 253-7915
 Email: jpulik@cjcc.ca

Hours: Mon-Thurs: 6:00 am-10:00 pm, Fri: 6:00 am-4:00 pm, Sat: 1:00-9:00 pm, Sun: 8:00 am-9:00 pm

Annual Fee: \$30.00, Centre Membership \$260.00

Minimum Age: 55

Clubs, Fitness, Food, Home Care, Instruction, Sports
 and Recreation

Calgary Kotobuki Society

2236 29 St SW
 Calgary AB, T3E 2K2
 Tel: (403) 242-4143

Hours: Wed: 10:00 am-3:00 pm

Annual Fee: \$10.00

Minimum Age: 65

Arts and Crafts, Clinics, Clubs, Fitness, Food, Sports
 and Recreation

Calgary Meals on Wheels

3610 MacLeod Trail SE
 Calgary AB, T2G 2P9
 Tel: (403) 243-2834
 Fax: (403) 243-8438
 Email: info@mealsonwheels.com
 Website: www.mealsonwheels.com

Hours: Mon-Fri: 7:30 am-3:30 pm

Annual Fee: \$5.00

Home Care

Local Seniors Organizations

Calgary

Calgary Seniors' Resource Society

1020-1202 Centre St S

Calgary AB, T2G 5A5

Tel: (403) 266-6200

Fax: (403) 269-5183

Website: www.calgaryseniors.org

Hours: Mon-Fri: 8:30 am-4:30 pm

Annual Fee: \$5.00/5 yrs

Home Care, Information, Legal Services, Support,
Transportation

Calgary Vietnamese Canadian Senior Citizens' Association

126-4909 17 Ave SE

1840 47 St SE ☐

Calgary AB, T2B 1L2

Tel: (403) 272-2788

Fax: (403) 272-9830

Email: calvietcanseniors@yahoo.ca

Hours: Mon-Fri: 1:00-4:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Clinics, Clubs, Fitness, Information, Instruction, Music

Club East Africa

1306-230 5 Ave SE

Calgary AB, T2G 0E4

Tel: (403) 265-7860

Fax: (403) 266-2181

Minimum Age: 60

Clubs, Food, Instruction, Sports and Recreation

Confederation Park Senior Citizen Centre

2212 13 St NW

Calgary AB, T2M 4P7

Tel: (403) 289-4780

Fax: (403) 289-2028

Email: confedparksrcentre@shaw.ca

Website: members.shaw/confedparksrcentre

Hours: Mon-Fri: 8:30 am-4:00 pm

Annual Fee: \$20.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home
Care, Information, Instruction, Legal Services, Music,
Sports and Recreation, Support, Transportation

Crossroads 50+ Club

1803 14 Ave NE

PO Box 37027 Mayland Hts NE

Calgary AB, T2E 8V1

Tel: (403) 276-1716

Hours: Mon: 6:30-10:00 pm

Annual Fee: \$15.00

Minimum Age: 50

Clubs, Food, Sports and Recreation

Deer Park Seniors

77 Deerpoint Rd SE

Calgary AB, T2J 6W5

Tel: (403) 271-0650

Fax: (403) 271-0650

Email: gkoz@shaw.ca

Hours: Every other Wed: 12:00-2:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,
Instruction, Legal Services, Music, Support,
Transportation

Calgary

Family Leisure Centre Senior's Club

11150 Bonaventure Dr SE
Calgary AB, T2J 6R9
Tel: (403) 278-7542
Fax: (403) 278-7573
Email: alvivbrissette@shaw.ca

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Fitness, Food, Sports and Recreation

Glamorgan 55 Plus Seniors Club

3130 40 Ave SW
PO Box 35052 Sarcee Postal Outlet
Calgary AB, T3E 7C7
Tel: (403) 246-8318

Hours: Mon-Thurs: 9:00 am-3:30 pm

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clubs, Fitness, Food, Instruction, Sports and Recreation, Transportation, Trips and Outings

Glenmore Temple Over 60 Club

921 68 Ave SW
Calgary AB, T2V 0N7
Tel: (403) 253-1700
Fax: (403) 253-8024
Email: office@glenmoretemple.com
Website: www.glenmoretemple.com

Hours: Every other Wed: 11:00 am-2:00 pm (except in Jul-Aug)

Annual Fee: \$5.00

Minimum Age: 60

Arts and Crafts, Food, Music, Bake Sales

Good Companions 50 Plus Club

2609 19 Ave SW
Calgary AB, T3E 0E9
Tel: (403) 249-6991
Fax: (403) 242-3799
Email: goodcompanions@shaw.ca

Hours: Mon-Fri: 9:00 am-4:30 pm

Annual Fee: \$20.00

Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Sports and Recreation, Transportation

Greater Forest Lawn Senior Citizens' Society

3425 26 Ave SE
Calgary AB, T2B 2P2
Tel: (403) 272-4661
Email: gfls.coord@shawcable.com

Hours: Mon-Thurs: 8:00 am-4:00 pm, Fri: 8:00 am-12:00 pm

Annual Fee: \$15.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support

Calgary

Haysboro 50 Plus Club

1204 89 Ave SW
Calgary AB, T2V 0W4
Tel: (403) 255-8293

Hours: Wed: 1:00-3:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Food, Sports and Recreation

Heritage Seniors

703 Heritage Dr SW
Calgary AB, T2V 2W4
Tel: (403) 255-6968

Annual Fee: \$10.00
Minimum Age: 55

Arts and Crafts, Clubs, Fitness, Food, Instruction,
Music, Sports and Recreation

Hungarian Senior Club

819 13 Ave SW
43 Slocan Rd SW ☐
Calgary AB, T2W 0T1
Tel: (403) 242-8214
Email: seiberta@telus.net

Hours: Wed: 10:00 am-3:00 pm
Annual Fee: \$3.00
Minimum Age: 60

Food, Sports and Recreation

Huntington Pioneers Association

520 78 Ave NW
Calgary AB, T2K 0S2
Tel: (403) 275-4294
Fax: (403) 275-5227
Email: pioneers50@telus.net

Hours: Tues, Thurs: 10:00 am-4:00 pm
Annual Fee: \$20.00
Minimum Age: 50

Arts and Crafts, Food, Instruction, Music, Sports and
Recreation

Indo-Canada Senior Citizens Society

5247 Coral Shores Dr NE
Calgary AB, T3J 3K2
Tel: (403) 280-3245

Hours: Mon-Fri: 1:00-5:00 pm, Sat: 2:00-5:00 pm
Annual Fee: \$10.00
Minimum Age: 55

Clinics, Food, Fitness, Information, Legal Services,
Support

Inglewood Silver Threads Association

1311 9 Ave SE
Calgary AB, T2G 0T2
Tel: (403) 264-1006
Email: silthreads@canada.com

Hours: Mon-Fri: 9:30 am-2:30 pm
Annual Fee: \$10.00
Minimum Age: 55

Arts and Crafts, Clubs, Fitness, Food, Home Care,
Information, Instruction, Music, Sports and Recreation,
Support, Transportation

Local Seniors Organizations

Calgary

Jewish Family Service Calgary

200-4014 Macleod Trail S
Calgary AB, T2G 2R7
Tel: (403) 287-3510
Fax: (403) 287-3735
Email: albina@jfsc.org
Website: www.jfsc.org

Hours: Mon-Fri: 8:30 am-5:00 pm

Minimum Age: 60

Information, Support

Kerby Centre

1133 7 Ave SW
Calgary AB, T2P 1B2
Tel: (403) 265-0661
Fax: (403) 705-3211
Email: info@kerbycentre.com
Website: www.kerbycentre.com

Hours: Mon-Fri: 8:00 am-4:30 pm

Annual Fee: \$15.00

Minimum Age: 60

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Museum of Fashion

Le Club de l'Amitié

1719 5 St SW
Calgary AB, T2S 2A8
Tel: (403) 244-2200

Annual Fee: \$5.00

Minimum Age: 54

Sports and Recreation

Live Wires Seniors Club

Indus Curling Rink
Box 13 Site 5, RR 7 Stn LCD 1
Calgary AB, T2P 2G7
Tel: (403) 936-2748

Hours: Fri: 12:30-6:00 pm

Annual Fee: \$10.00

Minimum Age: 50

Arts and Crafts, Clinics, Food, Information, Music, Sports and Recreation

Loma Seniors Club

Marlborough Park Community Centre
6021 Madigan Dr NE
Calgary AB, T2A 5G9
Tel: (403) 248-1775

Hours: Wed: 1:00-4:00 pm

Annual Fee: \$5.00

Minimum Age: 55

Instruction

Marlborough 50+ Club

636 Marlborough Way NE
Calgary AB, T2A 2V9
Tel: (403) 272-4883

Hours: Thurs: 12:00-4:00 pm

Annual Fee: \$10.00

Minimum Age: 50

Food, Instruction, Sports and Recreation

Local Seniors Organizations

Calgary

Metis Seniors Association

1539 43 St SE
Calgary AB, T2A 1M3
Tel: (403) 250-3970
Fax: (403) 568-1323
Email: metisnrs@telusplanet.net

Hours: Mon-Fri: 9:00 am-4:00 pm, every other Sat:
10:00 am-2:00 pm

Arts and Crafts, Food, Information, Instruction, Support

Montgomery Community Association

5003 16 Ave NW
Calgary AB, T3B 0N2
Tel: (403) 247-3116
Fax: (403) 247-1535
Website: www.mcapeople.ca

Hours: Mon-Fri: 9:30 am-3:30 pm

Annual Fee: \$10.00/seniors \$15.00/family

Food, Home Care, Information, Sports and Recreation

Multicultural Seniors Society of Alberta

202-1803 35 St SE
Calgary AB, T2B 0W6
Tel: (403) 273-7970
Fax: (403) 273-4334

Hours: Mon-Fri: 8:00 am-5:00 pm

Minimum Age: 55

Fitness, Food, Home Care, Information, Instruction,
Legal Services, Sports and Recreation, Support,
Transportation, Translation

Ogden House Senior Citizens' Club

2102 69 Ave SE
Calgary AB, T2C 3Y4
Tel: (403) 279-2003
Fax: (403) 279-1009
Email: ogden-house@shaw.ca
Website: www.ogden50plus.org

Hours: Mon-Fri: 8:00 am-4:00 pm

Annual Fee: \$25.00

Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home
Care, Information, Instruction, Legal Services, Music,
Sports and Recreation, Support, Transportation

Open Door Senior Fellowship of Calgary

513 13 Ave SW
Calgary AB, T2R 0K4
Tel: (403) 269-7900
Fax: (403) 269-4916
Email: odsf@telus.net

Hours: Mon-Fri: 9:00 am-3:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home
Care, Information, Instruction, Legal Services, Music,
Sports and Recreation, Support, Transportation, Trips
and Outings

Local Seniors Organizations

Calgary

Parkdale Nifty Fifties Seniors Association

3512 5 Ave NW
Calgary AB, T2N 0V7
Tel: (403) 283-0620
Fax: (403) 283-0602

Hours: Mon-Fri: 8:30 am-4:00 pm
Annual Fee: \$15.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Sports and Recreation, Support, Transportation

Prince of Peace Community Seniors Club - 55+ Crusaders

243209 Garden Rd NE
Calgary AB, T1X 1E1
Tel: (403) 285-2288
Fax: (403) 285-2855
Email: info@princeofpeace.ca
Website: www.princeofpeace.ca or
www.princeofpeacevillage.ca

Food, Instruction, Sports and Recreation, Outings

Ramsay Welcome Centre

1140 8 St SE
Calgary AB, T2G 2Z7
Tel: (403) 263-2277

Annual Fee: \$5.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Sports and Recreation

Renfrew 50+ Club

1318 Regal Cres NE
Calgary AB, T2E 6Y6
Tel: (403) 276-4747
Fax: (403) 276-4746
Email: renfrewfiftyplusclub@hotmail.com

Hours: Mon-Thurs: 8:30 am-3:30 pm, Fri: 8:30 am-1:00 pm
Annual Fee: \$15.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Music, Sports and Recreation, Trips and Outings

Rosedale Seniors

Rosedale Community Hall
901 11 Ave NW
Calgary AB, T2M 0C2

Minimum Age: 70

Information, Instruction, Music, Sports and Recreation

Silver Springs 55 Plus Club

6440 Silver Ridge Way NW
Calgary AB, T3B 3X7
Tel: (403) 288-0598

Hours: Mon-Thurs: 1:30-4:00 pm
Annual Fee: \$10.00
Minimum Age: 55

Fitness, Food, Sports and Recreation

Local Seniors Organizations

Calgary

South Calgary Community Association

3130 16 St SW
Calgary AB, T2T 4G7
Tel: (403) 244-5411
Fax: (403) 228-3643
Email: scca@telus.net

Hours: Mon-Fri: 9:00 am-12:00 pm
Annual Fee: \$10.00/senior \$25.00/family

Sports and Recreation

Southwest Seniors

Braeside Community Association
11024 Braeside Dr SW
Calgary AB, T2V 2J5
Tel: (403) 258-3329

Hours: Tues: 9:00 am-12:00 pm, Thurs: 9:00 am-3:00 pm
Annual Fee: \$15.00 + Braeside Membership Fee
Minimum Age: 55

Home Care, Instruction, Music, Sports and Recreation

St. Andrew's Heights Seniors

2504 13 Ave NW
Calgary AB, T2N 1L8
Tel: (403) 282-5096
Email: joldale@telusplanet.net

Annual Fee: \$14.00

Food, Sports and Recreation

St. Vladimirs Golden Age Club

404 Meredith Rd NE
Calgary AB, T2E 5A6
Tel: (403) 264-3437

Hours: Tues: 10:00 am-1:30 pm
Annual Fee: \$5.00
Minimum Age: 55

Arts and Crafts, Food, Instruction, Music, Sports and Recreation, Transportation

The Golden Age Club

610 8 Ave SE
Calgary AB, T2G 0M1
Tel: (403) 262-6342
Fax: (403) 262-9395
Email: dirkb@calcna.ab.ca

Hours: Mon-Fri: 8:00 am-4:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Legal Services, Sports and Recreation, Support

Thornview Seniors

5600 Centre St N
Calgary AB, T2K 0T4
Tel: (403) 274-6840

Annual Fee: \$20.00
Minimum Age: 55

Arts and Crafts, Clubs, Fitness, Food, Music, Sports and Recreation

Local Seniors Organizations

Calgary

Ukrainian Senior Citizens Club

3316 28 Ave SW
Calgary AB, T3E 0R8
Tel: (403) 246-1231
Fax: (403) 295-9027

Hours: Tues: 9:00 am-2:00 pm
Annual Fee: \$5.00
Minimum Age: 55

Food, Instruction, Music, Sports and Recreation,
Transportation, Trips and Outings

Varsity Cares

c/o 4308 Viscount Dr NW
Calgary AB, T3A 0N9
Tel: (403) 288-9312
Email: lenrceves@shaw.ca

Annual Fee: \$10.70
Minimum Age: 55

Clubs, Home Care, Information, Instruction, Support,
Transportation

Village Square Seniors' Society

2623 56 St NE
Calgary AB, T1Y 6E7

Hours: Mon: 11:30 am-3:00 pm
Annual Fee: \$5.00
Minimum Age: 55

Sports and Recreation

West Hillhurst Go-Getters Senior Citizen Association

1940 6 Ave NW
Calgary AB, T2N 0W3
Tel: (403) 283-3720
Fax: (403) 283-3744
Email: gogetter@telusplanet.net
Website: www.westhillhurst.com

Hours: Mon-Fri: 8:00 am-4:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home
Care, Information, Instruction, Legal Services, Music,
Sports and Recreation, Support, Transportation

Westside Senior Service Centre

134 Scarboro Ave SW
Calgary AB, T3C 2H1
Tel: (403) 244-1100
Fax: (403) 229-2004
Email:
westsideseniors@scarborounited.ab.ca

Hours: Mon-Thurs: 9:00 am-3:00 pm
Annual Fee: \$15.00
Minimum Age: 55

Arts and Crafts, Clubs, Fitness, Home Care,
Information, Music

Wild Rose Seniors

Rosscarrock Community Hall
4411 10 Ave SW
Calgary AB, T3C 0L9
Tel: (403) 249-5615
Email: mguidi@shaw.ca

Hours: Tues: 12:00-4:00 pm
Annual Fee: \$10.00
Minimum Age: 55

Food, Sports and Recreation

Local Seniors Organizations

Calgary

Woodcreek Seniors

2266 Woodpark Ave
Calgary AB, T2W 2Z8
Tel: (403) 281-6680
Email: fogar@telusplanet.net
Website: www.woodcreek.ca

Hours: Every other Tuesday: 9:30-11:30 am
Annual Fee: \$10.00

Arts and Crafts, Clubs, Fitness, Food, Instruction,
Music, Sports and Recreation, Trips and Outings

Calmar

Calmar & District Senior Citizens Club

4916 50 Ave
PO Box 505
Calmar AB, T0C 0V0
Tel: (780) 985-3317

Hours: Mon-Sat: 9:00-11:00 am
Annual Fee: \$2.00
Minimum Age: 55

Clinics, Fitness, Food, Home Care, Instruction, Music,
Sports and Recreation, Transportation

Camrose

Camrose & District Senior Centre

5415 49 Ave
Camrose AB, T4V 0N6
Tel: (780) 672-7022
Fax: (780) 679-0194

Hours: Mon-Fri: 8:00 am-5:00 pm
Annual Fee: \$20.00
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Information,
Instruction, Legal Services, Music, Sports and
Recreation, Support, Transportation

Canmore

Canmore Seniors Association

600B 9 St
PO Box 8222
Canmore AB, T1W 2T9
Tel: (403) 678-2457
Fax: (403) 678-2488
Email: csassoc@telus.net

Annual Fee: \$20.00
Minimum Age: 55

Clubs, Fitness, Food, Music, Sports and Recreation

Carbon

New Horizons

PO Box 233
Carbon AB, T0M 0L0
Tel: (403) 572-3444

Hours: Mon: 10:00-11:00 am, Tues: 1:00-3:30 pm,
Wed: 1:00-4:00 pm
Annual Fee: \$10.00
Minimum Age: 45

Fitness, Food, Home Care, Information, Music, Sports
and Recreation, Transportation

Carmangay

Carmangay Seniors Citizens Club

415 Grand Ave

PO Box 98

Carmangay AB, T0L 0N0

Tel: (403) 643-0002

Annual Fee: \$10.00

Minimum Age: 50

Clinics, Clubs, Fitness, Food, Information, Music,
Sports and Recreation, Transportation

Caroline

Caroline & District Senior Citizens Drop In Center

5111 49 Ave

PO Box 483

Caroline AB, T0M 0M0

Tel: (403) 722-4045

Annual Fee: \$5.00

Minimum Age: 50

Clinics, Clubs, Food, Information, Instruction, Music,
Sports and Recreation, Transportation

Caroline Neighbourhood Place

5003 49 Ave

PO Box 70

Caroline AB, T0M 0M0

Tel: (403) 722-3787

Fax: (403) 722-4684

Email: camp@telus.net

Hours: Tues-Thurs: 10:00 am-4:30 pm

Information

Carseland

Jet Setters

PO Box 39

Carseland AB, T0J 0M0

Tel: (403) 934-4084

Annual Fee: \$1.00

Minimum Age: 40

Clinics, Food, Music, Sports and Recreation,
Transportation

Carstairs

Carstairs & Community Half Century Association

1139 Osler St

PO Box 1043

Carstairs AB, T0M 0N0

Tel: (403) 337-2886

Email: rayruthcairns@aol.com

Hours: Tues-Sat: 1:30-4:30 pm

Annual Fee: \$10.00

Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Food, Music, Sports
and Recreation, Transportation

Local Seniors Organizations

Caslan

Buffalo Lake Seniors Centre Society

PO Box 91
Caslan AB, T0A 0R0
Tel: (780) 689-4889
Fax: (780) 689-4848

Hours: Mon-Thurs: 8:30 am-4:00 pm
Minimum Age: 60

Clinics, Fitness, Food, Information, Sports and Recreation, Support

Caslan Pioneer Club

PO Box 166
Caslan AB, T0A 0R0
Tel: (780) 689-2510

Annual Fee: \$5.00
Minimum Age: 55

Food, Home Care, Sports and Recreation, Transportation

Castor

Castor Golden Circle

5105 51 St
PO Box 861
Castor AB, T0C 0X0
Tel: (403) 882-3608

Annual Fee: \$10.00
Minimum Age: 50

Arts and Crafts, Food, Information, Instruction, Sports and Recreation

Cereal

Cereal Golden Center Group

213 Main St
PO Box 187
Cereal AB, T0J 0N0
Tel: (403) 326-3868

Annual Fee: \$10.00
Minimum Age: 55

Food, Home Care, Sports and Recreation, Support, Transportation

Champion

Champion Pioneer Club

119 Main St
PO Box 88
Champion AB, T0L 0R0
Tel: (403) 897-3983

Annual Fee: \$25.00
Minimum Age: 50

Arts and Crafts, Clinics, Food, Information, Music, Sports and Recreation

Chauvin

Senior Citizen Drop-In Centre

PO Box 361
Chauvin AB, T0B 0V0
Tel: (780) 858-3752

Annual Fee: \$5.00
Minimum Age: 50

Clinics, Fitness, Food, Home Care, Music, Sports and Recreation, Transportation

Local Seniors Organizations

Cherry Grove

Cherry Grove Seniors

PO Box 157
Cherry Grove AB, T0A 0T0
Tel: (780) 594-3672

Hours: Wed: 1:00-4:00 pm
Annual Fee: \$5.00
Minimum Age: 50

Clinics, Fitness, Food, Home Care, Information, Music,
Sports and Recreation, Social Events

Chestermere

Chestermere Whitecappers Association

201 West Chestermere Dr
Chestermere AB, T1X 1B2
Tel: (403) 272-2870
Fax: (403) 272-7178
Email: crca@chestermere.com
Website: www.chestermere.com/crca/default.htm

Annual Fee: \$10.00
Minimum Age: 50

Food, Sports and Recreation, Transportation

Chipman

Chipman Golden Seniors Club

4913 50 St
PO Box 204
Chipman AB, T0B 0W0
Tel: (780) 363-3776
Fax: (780) 363-2472

Hours: Mon-Fri: 9:00-10:30 am
Annual Fee: \$5.00
Minimum Age: 45

Arts and Crafts, Clinics, Fitness, Food, Information,
Sports and Recreation, Transportation

Clairmont

Clairmont and Area Seniors

9801 100 Ave
Clairmont AB, T0H 0W0
Tel: (780) 567-2121

Hours: Tues, Thurs: 7:00-11:00 pm
Annual Fee: \$2.00
Minimum Age: 50

Arts and Crafts, Food, Sports and Recreation

Clandonald

Clandonald Friendship Club

General Delivery
Clandonald AB, T0B 0X0
Tel: (780) 853-2105

Annual Fee: \$3.00
Minimum Age: 55

Clinics, Clubs, Food, Home Care, Sports and
Recreation, Transportation

Local Seniors Organizations

Claresholm

Claresholm Heritage Seniors Centre

5009 2 St E
PO Box 1518
Claresholm AB, T0L 0T0
Tel: (403) 625-2877

Hours: Mon-Sat: 9:00 am-11:00 am 1:00 pm-4:00 pm
Annual Fee: \$15.00
Minimum Age: 45

Arts and Crafts, Clinics, Food, Instruction, Music,
Sports and Recreation, Social Events

Clive

Clive Senior Circle

PO Box 165
Clive AB, T0C 0Y0
Tel: (403) 782-2409

Annual Fee: \$5.00
Minimum Age: 50

Food, Sports and Recreation

Clyde

Clyde and District Senior Citizens Club

4714 50 St
PO Box 68
Clyde AB, T0G 0P0
Tel: (780) 348-5348

Annual Fee: \$5.00
Minimum Age: 50

Food, Sports and Recreation, Social Events

Coaldale

Coaldale Seniors

1806 21 Ave
Coaldale AB, T1M 1E9
Tel: (403) 345-5227

Hours: Mon: 6:00-10:00 pm, Tues: 12:00-4:00 pm,
Thurs: 12:00-4:00 pm
Annual Fee: \$10.00
Minimum Age: 60

Arts and Crafts, Clinics, Clubs, Fitness, Food,
Information, Instruction, Music, Sports and Recreation

Coalhurst

Coalhurst 55 Plus Social Society

5205 6 St
PO Box 753
Coalhurst AB, T0L 0V0
Tel: (403) 381-3736

Hours: Wed: 10:00 am-9:30 pm
Annual Fee: \$10.00
Minimum Age: 55

Clinics, Clubs, Fitness, Food, Information, Music,
Sports and Recreation, Support

Local Seniors Organizations

Cochrane

Big Hill Senior Citizens Activities Society

PO Box 1480

Cochrane AB, T4C 1B4

Tel: (403) 932-2006

Annual Fee: \$5.00

Minimum Age: 65

Transportation

Cochrane

Cochrane 50 & Over Club

123 First Ave

PO Box 296

Cochrane AB, T4C 1A5

Tel: (403) 932-6002

Hours: Mon-Fri: 10:00 am-12:00 pm, 2:00-4:00 pm,
(Jul-Aug: Tues, Thurs: 2:00-4:00 pm)

Annual Fee: \$5.00

Minimum Age: 50

Clinics, Fitness, Food, Home Care, Sports and
Recreation

Cold Lake

Cold Lake Kinosoo Seniors

301 10 St

Cold Lake AB, T9M 1A5

Tel: (780) 639-3624

Annual Fee: \$5.00

Minimum Age: 55

Food, Sports and Recreation, Social Events

Cold Lake Native Friendship Centre

5015 55 St

PO Box 1978

Cold Lake AB, T9N 1P4

Tel: (780) 594-7526

Fax: (780) 594-1599

Email: ColdL1@telus.net

Hours: Mon-Fri: 8:30 am-4:30 pm

Annual Fee: \$1.00

Food, Information, Legal Services, Support,
Transportation

Grand Centre Pensioners & Senior Citizens Club

PO Box 483

Cold Lake AB, T9M 1P0

Tel: (780) 594-4121

Email: verna556@telus.net

Hours: Tues: 2:00-3:00 pm, Thurs: 2:00-4:00 pm

Annual Fee: \$5.00, free for 80+

Minimum Age: 55

Fitness, Sports and Recreation

Riverhurst Seniors Guild

PO Box 8363

Cold Lake AB, T9M 1N2

Tel: (780) 639-2162

Annual Fee: \$5.00

Minimum Age: 55

Arts and Crafts, Clubs, Food, Home Care, Information,
Music, Sports and Recreation, Transportation

Coleman

Coleman Seniors Drop-In Centre Association

18 Ave
PO Box 175
Coleman AB, T0K 0M0

Annual Fee: \$10.00
Minimum Age: 55
Clinics, Food, Transportation

Coronation

Coronation Golden Age Club

5001 Royal St
PO Box 1072
Coronation AB, T0C 1C0
Tel: (403) 578-3765
Fax: (403) 578-3785
Email: gmclarty@telusplanet.net

Hours: Mon-Sat: 1:00-4:00 pm
Annual Fee: \$5.00
Minimum Age: 40
Arts and Crafts, Clinics, Clubs, Food, Instruction, Sports and Recreation

Cremona

Cremona Gold & Silver Society

Main St
PO Box 312
Cremona AB, T0M 0R0
Tel: (403) 337-2371

Annual Fee: \$10.00
Minimum Age: 50
Clinics, Fitness, Food, Sports and Recreation, Travel Coordination

Crossfield

Crossfield Golden Key Club

1016 Chisholm Ave
PO Box 722
Crossfield AB, T0M 0S0
Tel: (403) 946-5152

Annual Fee: \$5.00
Minimum Age: 50
Arts and Crafts, Clinics, Clubs, Food, Instruction, Music, Sports and Recreation, Transportation

Czar

The Hitching Post Seniors Society of Czar

4907 50 Ave
PO Box 112
Czar AB, T0B 0Z0
Tel: (780) 857-3801

Hours: Mon-Fri: 1:30-5:00 pm
Annual Fee: \$12.00
Minimum Age: 50
Clinics, Food, Information, Sports and Recreation

Local Seniors Organizations

Darwell

Interlake Golden Age Club

PO Box 15
Darwell AB, T0E 0L0
Tel: (780) 892-2254

Hours: Tues: 1:00-5:30 pm, Fri: 8:00-11:00 pm
Annual Fee: \$12.00
Minimum Age: 60

Arts and Crafts, Clinics, Food, Music, Sports and Recreation, Social Events

Daysland

Sunbeam Drop-In Center

PO Box 525
Daysland AB, T0B 1A0
Tel: (780) 374-3514

Hours: Mon-Sat: 9:30 am-12:00 pm, 1:00-5:00 pm
Annual Fee: \$10.00

Arts and Crafts, Clinics, Food, Home Care, Sports and Recreation

DeBolt

DeBolt Pioneer Centre

PO Box 503
DeBolt AB, T0H 1B0
Tel: (780) 957-2148

Annual Fee: \$10.00
Minimum Age: 50

Clinics, Food, Sports and Recreation

Delburne

Delburne & District Drop In Association

Main St
PO Box 404
Delburne AB, T0M 0V0
Tel: (403) 749-2035

Hours: Mon: 1:30-4:00 pm, Tues: 7:00-9:30 pm, every other Fri: 12:30-4:30 pm
Annual Fee: \$5.00
Minimum Age: 55

Food, Music, Sports and Recreation

Delia

Delia Senior Citizens Organization

6 Main St
PO Box 151
Delia AB, T0J 0W0
Tel: (403) 364-3964
Email: onielsen@telusplanet.net

Hours: Tues, Thurs: 9:00 am-12:00 pm, Fri: 1:00-4:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Clinics, Food, Sports and Recreation

Local Seniors Organizations

Devon

Devon Pioneer 73 Club

29 St Lawrence Ave
Devon AB, T9G 1L4
Tel: (780) 987-3583

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Sports and Recreation

Dewberry

Dewberry Senior Citizens

Lot 9 & 10 Centre St
PO Box 72
Dewberry AB, T0B 1G0
Tel: (780) 847-3868

Annual Fee: \$5.00

Minimum Age: 50

Clinics, Fitness, Food, Instruction, Music, Sports and Recreation

Didsbury

5-O Club of Didsbury

2500 15 Ave
PO Box 1228
Didsbury AB, T0M 0W0
Tel: (403) 335-3138
Email: bettycd@telus.net

Annual Fee: \$10.00

Minimum Age: 50

Arts and Crafts, Clinics, Food, Home Care, Music, Sports and Recreation

Didsbury & District Seniors Support Services

2009 20 Ave
PO Box 704
Didsbury AB, T0M 0W0
Tel: (403) 335-4391

Hours: Mon-Fri: 9:00 am-12:00 pm

Arts and Crafts, Clubs, Fitness, Food, Music, Transportation

Dixonville

Golden Age Inn Club

PO Box 133
Dixonville AB, T0H 1E0
Tel: (780) 971-3965
Fax: (780) 971-2171

Annual Fee: \$1.00

Minimum Age: 60

Arts and Crafts, Clinics, Food, Sports and Recreation

Donalda

Donalda Coulee Friendship Club

Main St
PO Box 163
Donalda AB, T0B 1H0
Tel: (403) 883-2229

Annual Fee: \$5.00

Minimum Age: 50

Arts and Crafts, Food, Sports and Recreation

Donnelly

Club Des Pioneers

PO Box 2
Donnelly AB, T0H 1G0
Tel: (780) 925-3884
Fax: (780) 925-3884

Annual Fee: \$10.00
Minimum Age: 45
Clinics, Food, Sports and Recreation

Drayton Valley

Senior Citizens' Club of Drayton Valley

5138 52 Ave
PO Box 7121
Drayton Valley AB, T7A 1S4
Tel: (780) 542-4737
Fax: (780) 621-0406

Hours: Mon-Fri: 8:00-11:00 am
Annual Fee: \$12.50
Minimum Age: 55
Food, Sports and Recreation

Drumheller

Pioneer Trail Society

160 3 Ave NW
PO Box 1857
Drumheller AB, T0J 0Y0
Tel: (780) 823-6565

Hours: Mon-Sat: 9:00 am-4:00 pm
Annual Fee: \$10.00
Minimum Age: 55
Arts and Crafts, Fitness, Food, Music, Sports and Recreation

Eglesham

Senior Social Centre Club

PO Box 238
Eglesham AB, T0H 1H0
Tel: (780) 359-3800

Hours: Daily 8:00 am-8:00 pm
Annual Fee: \$10.00
Minimum Age: 50
Clinics, Food, Music, Sports and Recreation

Eckville

Eckville and District Friendship Club

5011 54 Ave
PO Box 177
Eckville AB, T0M 0X0
Tel: (403) 746-2156 or (403) 746-2922

Hours: Tues-Thurs: 9:00 am-3:00 pm
Annual Fee: \$5.00
Minimum Age: 60
Food, Sports and Recreation

Edberg

Edberg and District Seniors Society

PO Box 146

Edberg AB, T0B 1J0

Tel: (780) 855-2310

Annual Fee: \$5.00

Minimum Age: 40

Clinics, Food, Music, Sports and Recreation

Edmonton

Abbottsfeld Seniors Stop In Centre

270-3210 118 Ave NW

Edmonton AB, T5W 4W1

Tel: (780) 474-4337

Minimum Age: 55

Food, Sports and Recreation

Alberta Native Friendship Centre Association

10336 121 St

Edmonton AB, T5N 1K8

Tel: (780) 423-3138

Fax: (780) 425-6277

Email: anfca1@telusplanet.net

Hours: Mon-Fri: 1:30-4:30 pm

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Legal Services, Sports and Recreation, Support, Transportation

Assist Community Service Centre

9653 105A Ave

Edmonton AB, T5H 0M3

Tel: (780) 429-3111

Fax: (780) 424-7837

Email: info@assistcsc.org

Website: <http://assistcsc.org/>

Hours: Mon-Fri: 9:00 am-5:00 pm, Sat: 9:30 am-12:30 pm

Annual Fee: \$10.00/person, \$15.00/family, \$100.00/life

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Legal Services, Sports and Recreation, Support, Transportation

Association for Residence Maintenance for Seniors (ARMS)

5R-10-11111 Jasper Ave

Edmonton AB, T5K 0L4

Tel: (780) 482-8992

Fax: (780) 482-8991

Email: arms@ecn.ab.ca

Website: <http://ecn.ab.ca/arms/>

Hours: Mon-Thurs: 8:00 am-4:30 pm, Fri: 8:00 am-2:00 pm

Home Care, Support

Calder Seniors Drop-In Society

12963 120 St

Edmonton AB, T5E 5N8

Tel: (780) 451-1925

Fax: (780) 452-7537

Email: caldersn@telus.net

Website: www.calderseniors.org

Hours: Mon-Fri: 8:00 am-4:30 pm

Annual Fee: \$15.00

Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support

Local Seniors Organizations

Edmonton

Canadian Native Friendship Centre - Golden Elders Council

11205 101 St NW
Edmonton AB, T5G 2A4
Tel: (780) 479-1999
Fax: (780) 479-0043
Email: cnfc@shawbiz.ca


Hours: Tues: 10:00 am-1:00 pm
Annual Fee: \$5.00
Minimum Age: 50
Arts and Crafts

Central Lions Seniors Association

11113 113 St
Edmonton AB, T5G 2V1
Tel: (780) 496-7366
Fax: (780) 496-6976

Hours: Mon-Fri: 8:00 am-5:00 pm
Annual Fee: \$20.00
Minimum Age: 55
Arts and Crafts, Clinics, Clubs, Fitness, Food,
Information, Instruction, Music, Sports and Recreation

East Edmonton Senior Citizens Group

Beacon Heights Community League
4418 118 Ave NW
12029 54 St 
Edmonton AB, T5W 3N2
Tel: (780) 479-2690

Hours: Mon: 1:00-3:30 pm
Annual Fee: \$5.00
Minimum Age: 55
Food, Sports and Recreation

Edmonton Immigrant Services Association

201-10720 113 St
Edmonton AB, T5H 3H8
Tel: (780) 474-8445
Fax: (780) 477-0883
Email: eisa@compusmart.ab.ca

Instruction

Edmonton Meals on Wheels

11111 103 Ave
Edmonton AB, T5K 2P1
Tel: (780) 429-2020
Fax: (780) 424-5561
Email:
liz.tondu@mealsonwheelsedmonton.org
Website: www.mealsonwheelsedmonton.org

Food, Home Care, Volunteer Opportunities

Elderly Adult Resource Service/Catholic Social Services

8212 118 Ave
Edmonton AB, T5B 0S3
Tel: (780) 471-1122
Fax: (780) 479-2579
Website: www.catholicsocialservices.ab.ca

Support

Local Seniors Organizations

Edmonton

Golden Elders Council

101-10345 123 St
Edmonton AB, T5N 1N5
Tel: (780) 451-4919

Annual Fee: \$5.00

Arts and Crafts

Golden Horizon Seniors Society

10014 109 St
Edmonton AB, T5J 1M4
Tel: (780) 420-6768
Fax: (780) 436-6109
Email: tvasquez@telusplanet.net

Hours: Mon-Fri: 10:00 am-12:00 pm, 2:00-4:00 pm,
Sat: 10:00 am-5:00 pm
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home
Care, Information, Instruction, Legal Services, Music
Support, Transportation

Heritage Seniors Stop In Centre

316 Saddleback Rd NW
Blue Quill Shopping Centre
Edmonton AB, T6J 4R7
Tel: (780) 437-8759

Hours: Mon-Sat: 9:00 am-4:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Food, Instruction, Music, Sports and Recreation,
Volunteer Activities

Ital-Canadian Seniors Association

9111 110 Ave NW
Edmonton AB, T5H 4J9
Tel: (780) 424-1255
Fax: (780) 424-1039

Hours: Mon-Fri: 11:00 am-10:00 pm, Sat-Sun:
11:00 am-5:00 pm
Annual Fee: \$10.00

Food, Information, Sports and Recreation

Jewish Drop-In Centre

10052 117 St
PO Box 74061
Edmonton AB, T5K 2S7
Tel: (780) 488-4241
Fax: (780) 488-6591
Email: jdic@telus.net

Hours: Mon: 9:00 am-1:00 pm, Tues, Thurs: 9:00 am-
3:30 pm
Annual Fee: \$15.00
Minimum Age: 55

Arts and Crafts, Clubs, Fitness, Food, Instruction,
Music, Sports and Recreation, Support, Transportation

La Fédération des Aînes Franco-Albertains

108B-8627 Marie Anee Gaboury St
Edmonton AB, T6C 3N1
Tel: (780) 465-8965
Fax: (780) 468-6535
Email: bureau@fafalta.ca
Website: www.fafalta.ca

Annual Fee: \$5.00
Minimum Age: 50

Arts and Crafts, Clubs, Fitness, Information,
Instruction, Music, Sports and Recreation, Support

Local Seniors Organizations

Edmonton

Luther Place Seniors

Hosanna Lutheran Church
9009 163 St
Edmonton AB, T5R 2N8
Tel: (780) 484-3932
Fax: (780) 484-9323

Hours: Every 3rd Wed: 4:00-9:00 pm
Annual Fee: \$3.00
Minimum Age: 55
Food, Instruction, Sports and Recreation

Millwoods Cultural Society of Retired and Semi-Retired

1560 48 St
Edmonton AB, T6L 6H9
Tel: (780) 461-3112
Fax: (780) 461-3112

Annual Fee: \$10.00, \$100.00/life
Minimum Age: 55
Clinics, Clubs, Fitness, Food, Information, Instruction,
Legal Services, Sports and Recreation, Support

Native Seniors Centre

Cottage E-10107 134 Ave
Edmonton AB, T5E 1J2
Tel: (780) 476-6595
Fax: (780) 475-7957
Email: nsctr@telus.com
Website: nativeseniorscentre.ca

Hours: Mon-Fri: 8:30 am-4:30 pm
Annual Fee: \$5.00, \$3.00 for 55+
Arts and Crafts, Clinics, Food, Information, Sports and
Recreation, Support, Transportation

Northgate Centre

2018-9499 137 Ave
Edmonton AB, T5E 5R8
Tel: (780) 473-2096
Fax: (780) 478-6716

Hours: Mon-Fri: 9:00 am-4:00 pm, Sat: 9:30 am-
4:00 pm
Minimum Age: 55
Food, Sports and Recreation

Northgate Senior Citizens Association

7524 139 Ave NW
Edmonton AB, T5C 3H7
Tel: (780) 496-7355
Fax: (780) 496-4707

Hours: Mon-Fri: 8:30 am-4:30 pm
Annual Fee: \$25.00
Minimum Age: 55
Arts and Crafts, Clinics, Clubs, Fitness, Food,
Information, Instruction, Legal Services, Music, Sports
and Recreation, Support

Local Seniors Organizations

Edmonton

Operation Friendship

9526 106 Ave
Edmonton AB, T5H 0N2
Tel: (780) 429-2626
Fax: (780) 429-2629
Email: opfriend@oanet.com
Website: www.operationfriendship.ca

Hours: Mon-Fri: 8:00 am-8:00 pm, Sat-Sun: 10:30 am-6:30 pm

Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Home Care, Information, Legal Services, Music, Sports and Recreation, Support, Transportation, Housing

Senior Citizens Opportunity Neighbourhood Association

10440 84 Ave
Edmonton AB, T6E 2H2
Tel: (780) 433-5377
Fax: (780) 433-5377
Email: scona84@shaw.ca

Hours: Mon-Fri: 9:00 am-4:30 pm

Annual Fee: \$5.00

Minimum Age: 65

Arts and Crafts, Clinics, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation, Emergency Volunteer Service

Shangri-La Seniors Club

Leefield Community Centre
7910 36 Ave NW
Edmonton AB, T5K 1H7
Tel: (780) 461-0425

Sports and Recreation

Society for the Retired and Semi-Retired

100 102A Ave
15 Sir Winston Churchill Sq NW 
Edmonton AB, T5J 2E5
Tel: (780) 423-5510
Fax: (780) 426-5175
Email: info@srsr-seniors.com
Website: www.srsr-seniors.com

Hours: Mon-Fri: 8:30 am-4:15 pm

Annual Fee: \$15.00

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Housing

Society of Seniors Caring About Seniors

8728 93 Ave
Edmonton AB, T6C 1T8
Tel: (780) 465-0311
Fax: (780) 461-7809
Email: sscas@telus.net

Hours: Mon-Fri: 10:00 am-4:00 pm

Annual Fee: \$10.00

Minimum Age: 65

Home Care, Transportation

Local Seniors Organizations

Edmonton

South East Edmonton Seniors Association

9350 82 St
Edmonton AB, T6C 2X8
Tel: (780) 468-1985
Fax: (780) 440-6272
Email: seesa@shaw.ca

Hours: Mon-Fri: 8:30 am-4:30 pm

Annual Fee: \$25.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Instruction, Music, Sports and Recreation, Support

South-West Seniors Outreach Society

10832 62 Ave
Edmonton AB, T6H 1N1
Tel: (780) 435-9515
Fax: (780) 435-9515

Hours: Tues-Thurs 9:00 am-3:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Clubs, Fitness, Food, Instruction, Music, Sports and Recreation, Support

Strathcona Place Senior Centre

10831 University Ave
Edmonton AB, T6E 4R1
Tel: (780) 433-5807
Fax: (780) 433-5282
Email: info@seniorcentre.org
Website: www.seniorcentre.org

Hours: Mon-Fri: 9:00 am-4:00 pm

Annual Fee: \$20.00

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation

Towne Centre Seniors Drop In

Millwoods Towne Centre
308-2331 66 St NW
Edmonton AB, T6K 4B5
Tel: (780) 461-5230

Hours: Mon-Sat: 9:00 am-3:30 pm

Fitness, Food, Information, Music, Sports and Recreation

West Edmonton Seniors Centre

3Y-11111 Jasper Ave
Edmonton AB, T5K 0L4
Tel: (780) 482-8625
Fax: (780) 482-8916
Email: wessl@telusplanet.net
Website: www.ecn.ab.ca/westsen

Hours: Mon-Fri: 9:00 am-4:00 pm

Annual Fee: \$15.00

Minimum Age: 45

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support

West Jasper/Sherwood Seniors Citizen Club

9406 152 St
15024 99 Ave ☎
Edmonton AB, T5P 0H4
Tel: (780) 489-2021

Minimum Age: 55

Sports and Recreation, Trips and Outings

Local Seniors Organizations

Edmonton

Westend Seniors Activity Centre

9200 163 St
Edmonton AB, T5R 0A7
Tel: (780) 483-1209
Fax: (780) 484-7738
Email: esso@interbaun.com
Website:
www.westendseniorsactivitycentre.com

Hours: Mon, Thurs, Fri: 9:00 am-4:00 pm
Annual Fee: \$20.00
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation

Westmount Seniors Drop In Centre

432-111 Ave & Groat Rd
Edmonton AB, T5M 3L7
Tel: (780) 944-1544

Hours: Mon-Fri: 10:00 am-4:00 pm
Annual Fee: \$5.00
Minimum Age: 55

Arts and Crafts, Food, Sports and Recreation

Edson

Edson and District Oldtimers Recreation Centre Society

4836 7 Ave
Edson AB, T7E 1K8
Tel: (780) 723-5777
Fax: (780) 723-5726

Hours: Mon-Fri: 10:00 am-4:00 pm
Annual Fee: \$15.00
Minimum Age: 50

Arts and Crafts, Clinics, Food, Home Care, Instruction, Music, Sports and Recreation, Support, Hall Rental, Trips and Outings

Edson Friendship Centre

13-5023 3 Ave
Edson AB, T7E 1X7
Tel: (780) 723-5494
Fax: (780) 723-4359
Email: efc@yellowhead.com

Hours: Mon-Fri: 8:30 am-4:30 pm
Annual Fee: \$3.00

Arts and Crafts, Food, Information, Support, Social Events

Elk Point

Elk Point Pioneer Circle Seniors

PO Box 488
Elk Point AB, T0A 1A0
Tel: (780) 724-3605
Fax: (780) 724-4430

Annual Fee: \$5.00
Minimum Age: 55

Clinics, Food, Instruction, Music, Sports and Recreation

Local Seniors Organizations

Elnora

Elnora & District Pioneer Club

433 3 Ave
c/o RR 1
Elnora AB, T0M 0Y0
Tel: (403) 773-2270
Fax: (403) 773-2270
Email: elwest@telus.net

Annual Fee: \$10.00

Arts and Crafts, Food, Instruction, Music, Sports and Recreation, Transportation

Empress

Empress Friendship Centre

Centre St
Empress AB, T0J 1E0
Tel: (403) 565-2355

Annual Fee: \$10.00

Minimum Age: 50

Clinics, Clubs, Food, Music, Sports and Recreation

Enchant

Enchant and District Senior Citizens

PO Box 1850
Enchant AB, T0K 0V0
Tel: (403) 739-3951

Annual Fee: \$5.00

Minimum Age: 55

Clinics, Food, Instruction, Music, Sports and Recreation, Support, Transportation

Enilda

Sucker Creek Elders Society

PO Box 65
Enilda AB, T0G 0W0
Tel: (780) 523-4426
Fax: (780) 523-3111

Minimum Age: 65

Clinics, Food, Home Care, Information, Transportation

Entwistle

Entwistle Jubilee Senior Citizens Society

PO Box 471
Entwistle AB, T0E 0T0
Tel: (780) 727-4229
Email: egordo@telusplanet.net

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Information, Instruction, Sports and Recreation

Local Seniors Organizations

Evansburg

Evansburg Senior Citizens' Society

PO Box 481

Evansburg AB, T0E 0T0

Tel: (780) 727-3665

Annual Fee: \$10.00

Minimum Age: 55

Clinics, Fitness, Food, Sports and Recreation

Fairview

Fairview Golden Age Society

10307 110 St

PO Box 219

Fairview AB, T0H 1L0

Tel: (780) 835-4195

Fax: (780) 835-4195

Hours: Mon-Fri: 1:00-4:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clinics, Food, Information, Instruction, Music, Sports and Recreation

Falher

Club Alouette Seniors Center

PO Box 205

Falher AB, T0H 1M0

Tel: (780) 837-2684 or (780) 925-2228

Fax: (780) 837-3125

Annual Fee: \$15.00

Minimum Age: 45

Clinics, Food, Sports and Recreation, Hall Rental

Fawcett

Fawcett Senior Citizens Club

PO Box 24

Fawcett AB, T0G 0Y0

Tel: (780) 681-3741

Annual Fee: \$5.00

Minimum Age: 55

Food, Sports and Recreation

Ferintosh

Little Beaver "Hi-U" Senior Centre

Corner of Glenmuir Ave & McGill St

PO Box 103

Ferintosh AB, T0B 1M0

Tel: (780) 877-3998

Hours: Mon-Sat: 8:30 am-5:00 pm

Annual Fee: \$5.00

Minimum Age: 35

Clinics, Food, Sports and Recreation

Flatbush

Flatbush Silver Threads

PO Box 117

Flatbush AB, T0G 0Z0

Tel: (780) 681-3931

Fax: (780) 681-3782

Annual Fee: \$5.00

Minimum Age: 50

Clinics, Food, Sports and Recreation

Local Seniors Organizations

Foremost

Foremost Senior Citizens Society

103 1 Ave E
PO Box 397
Foremost AB, T0K 0X0
Tel: (403) 867-3969

Annual Fee: \$10.00
Minimum Age: 55

Fitness, Food, Instruction, Sports and Recreation,
Transportation

Forestburg

Forestburg Golden Age Club

PO Box 550
Forestburg AB, T0B 1N0
Tel: (780) 582-3941

Hours: Mon-Sat: 10:00 am-12:00 pm, 1:00-5:00 pm
Annual Fee: \$10.00
Minimum Age: 70

Food, Sports and Recreation

Fort Assiniboine

Fort Assiniboine Friendship Club

PO Box 247
Fort Assiniboine AB, T0G 1A0
Tel: (780) 584-3923

Hours: Mon-Fri: 11:00 am-5:00 pm (Jul-Aug)
Annual Fee: \$5.00
Minimum Age: 55

Clinics, Clubs, Fitness, Food, Music, Trips and Outings

Fort Chipewyan

Delta Sunrise Seniors Society

PO Box 120
Fort Chipewyan AB, T0P 1B0
Tel: (780) 697-3627
Fax: (780) 697-3881

Hours: Mon-Fri: 8:30 am-4:30 pm
Minimum Age: 60

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home
Care, Information, Sports and Recreation, Support,
Transportation

Fort MacLeod

Senior Citizens Welcome Mat

PO Box 181
Fort MacLeod AB, T0L 0Z0
Tel: (403) 553-3585

Hours: Mon-Sat: 9:30-11:30 am, 1:30-4:30 pm
Annual Fee: \$20.00
Minimum Age: 45

Clinics, Food, Music, Sports and Recreation,
Transportation

Local Seniors Organizations

Fort McMurray

Fort McMurray Golden Years Society

10111 Main St
Fort McMurray AB, T9H 2G6
Tel: (780) 743-4088
Fax: (780) 743-5063
Email: gys.1976@shawbiz.ca
Website: gys.tamarisk.ab.ca

Hours: Mon-Fri: 9:00 am-4:30 pm

Annual Fee: \$15.00

Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Information,
Instruction, Sports and Recreation, Transportation

Nistawoyou Association Friendship Centre

8310 Manning Ave
Fort McMurray AB, T9H 1W1
Tel: (780) 743-8555
Fax: (780) 791-4041
Website:
www.albertafriendshipcentres.ca/fortmc

Hours: Mon-Fri: 8:30-11:45 am, 1:00-4:30 pm

Annual Fee: \$10.00/family, \$5.00/single, \$0/senior,
\$20.00/corp

Arts and Crafts, Information, Instruction, Music, Sports
and Recreation

Fort Saskatchewan

Pioneer House Club 50

10102 100 Ave
Fort Saskatchewan AB, T8L 1Y6
Tel: (780) 998-0595

Hours: Mon-Fri: 9:00 am-3:00 pm

Annual Fee: \$10.00

Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food,
Information, Music, Sports and Recreation

Galahad

Galahad Senior Citizens Friendship Club

Sir Galahad St
General Delivery
Galahad AB, T0B 1R0
Tel: (780) 879-2183

Hours: Thurs, Sat: 1:00-4:00 pm

Annual Fee: \$5.00

Minimum Age: 50

Clinics, Food, Sports and Recreation

Gibbons

Gibbons Seniors Twilight Club

4539 49 St
PO Box 918
Gibbons AB, T0A 1N0
Tel: (780) 923-2030
Fax: (780) 923-2050

Hours: Mon-Fri: 8:30 am-12:00 pm, Mon-Thurs: 7:00-
10:00 pm

Annual Fee: \$2.00

Minimum Age: 50

Clinics, Food, Home Care, Sports and Recreation,
Transportation

Gleichen

G & C Jubilee Club

129 7 Ave E
PO Box 302
Gleichen AB, T0J 1N0
Tel: (403) 734-3038

Hours: Mon, Thurs: 2:00-5:00 pm, Fri: 4:30-9:00 pm
Annual Fee: \$20.00
Minimum Age: 50

Arts and Crafts, Clinics, Food, Sports and Recreation

Grande Cache

Big Horn Golden Age Club

PO Box 1709
Grande Cache AB, T0E 0Y0
Tel: (780) 827-5691
Fax: (780) 827-5354
Email: malo@telusplanet.net

Annual Fee: \$20.00
Minimum Age: 50

Arts and Crafts, Fitness, Food, Information, Music,
Sports and Recreation, Transportation

Grande Prairie

Grande Prairie & District Golden Age Centre

10222 101 Ave
Grande Prairie AB, T8V 0Y5
Tel: (780) 532-5818
Fax: (780) 532-5970
Email: gpgac@telus.net

Hours: Mon-Fri: 8:00 am-4:00 pm
Annual Fee: \$15.00
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,
Information, Legal Services, Music, Sports and
Recreation

Grande Prairie and Area Council on Aging - Meals on Wheels

102-9905 101 Ave
Grande Prairie AB, T8V 0X7
Tel: (780) 539-3901
Fax: (780) 538-1115
Email: meals-gp@telus.net

Annual Fee: \$5.00
Home Care

Grande Prairie Friendship Centre

10105 97 Ave
Grande Prairie AB, T8V 0N5
Tel: (780) 539-7514
Fax: (780) 532-8261
Email: drpngfc@telus.net
Website: www.anafc.ca

Hours: Mon-Fri: 8:30 am-8:00 pm, Sat: 1:00-8:00 pm
Annual Fee: \$1.00/senior, children, \$2.00/adult,
\$5.00/family

Arts and Crafts, Clinics, Food, Information, Instruction,
Sports and Recreation, Support

Grande Prairie

Seniors Outreach - Grande Prairie & Area Council on Aging

102-9905 101 Ave

Grande Prairie AB, T8V 0X7

Tel: (780) 539-6255

Fax: (780) 538-1115

Email: seniors-outreach@telus.net

Hours: Mon-Fri: 9:00 am-12:00 pm, 1:00-4:30 pm

Minimum Age: 60

Home Care, Information, Legal Services, Support

Gratum

Gratum Drop-In Center

306 Railway Ave

PO Box 8

Gratum AB, T0L 1A0

Tel: (403) 687-2168

Hours: Mon-Sat: 9:00 am-12:00 pm, 2:00-5:00 pm

Annual Fee: \$10.00

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support

Gwynne

Crooked Lake Seniors

General Delivery

Gwynne AB, T0C 1L0

Tel: (780) 352-3587

Annual Fee: \$5.00

Minimum Age: 55

Food, Information, Sports and Recreation

Halkirk

Halkirk and District Senior Centre

Main St & Railroad Ave

General Delivery

Halkirk AB, T0C 1M0

Tel: (403) 884-2437

Fax: (403) 884-2113

Annual Fee: \$5.00

Minimum Age: 40

Clinics, Food, Sports and Recreation

Hanna

Alberta Pioneer Association of Hanna

519 3 Ave W

PO Box 327

Hanna AB, T0J 1P0

Tel: (780) 854-4051

Hours: Mon-Fri: 1:00-5:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Clinics, Clubs, Food, Music, Sports and Recreation

Hardisty

Hardisty Social Club

5003 50 St
PO Box 523
Hardisty AB, T0B 1V0
Tel: (780) 888-2222

Annual Fee: \$5.00

Minimum Age: 50

Clinics, Sports and Recreation

Hay Lakes

Hay Lakes Senior Citizens Club

Recreation Centre
PO Box 185
Hay Lakes AB, T0B 1W0
Tel: (780) 878-3597

Annual Fee: \$2.00

Minimum Age: 55

Clinics, Food, Sports and Recreation

Heinsburg

Heinsburg Riverview Seniors

PO Box 62
Heinsburg AB, T0A 1X0
Tel: (780) 943-2160

Annual Fee: \$2.00

Minimum Age: 50

Food, Sports and Recreation, Facility Rentals

Heisler

Heisler Senior Citizens Friendship Club

123 Main St
PO Box 179
Heisler AB, T0B 2A0
Tel: (780) 889-3912
Fax: (780) 889-2280

Annual Fee: \$5.00

Minimum Age: 55

Clinics, Clubs, Food, Instruction, Legal Services,
Music, Sports and Recreation, Transportation

High Level

High Level Native Friendship Centre Society

10801 96 St
PO Box 1416
High Level AB, T0H 1Z0
Tel: (780) 926-3355
Fax: (780) 926-2038
Email: hlnfcs@telus.net

Hours: Mon-Fri: 8:30 am-12:00 pm, 1:00-4:30 pm

Annual Fee: \$10.00/family, \$5.00/individual

Arts and Crafts, Clubs, Food

High Prairie

High Prairie Golden Age Club

PO Box 435
High Prairie AB, T0G 1E0
Tel: (780) 523-3142

Hours: Tues-Fri: 1:00-4:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Clinics, Food, Sports and Recreation, Transportation

High Prairie Native Friendship Centre

4919 51 Ave
PO Box 1448
High Prairie AB, T0G 1E0
Tel: (780) 523-4511
Fax: (780) 523-3055

Hours: Mon-Fri: 9:00 am-5:00 pm
Annual Fee: \$2.00/single, \$5.00/family
Food, Sports and Recreation

Peavine Metis Settlement Seniors

PO Box 238
High Prairie AB, T0G 1E0
Tel: (780) 523-2557
Fax: (780) 523-5616

Hours: Mon-Fri: 8:00 am-4:30 pm
Minimum Age: 65

Arts and Crafts, Clinics, Clubs, Food, Home Care, Information, Instruction, Legal Services, Sports and Recreation, Transportation

High River

High River Seniors Friendship Centre

504 7 St SW
High River AB, T1V 1B7
Tel: (780) 652-4149
Email: senior@telus.net

Annual Fee: \$10.00
Minimum Age: 50

Arts and Crafts, Clinics, Food, Music, Sports and Recreation

Hill Spring

Hill Spring Cultural Society

PO Box 27
Hill Spring AB, T0K 1E0
Tel: (780) 626-3347

Annual Fee: \$5.00
Minimum Age: 55

Arts and Crafts, Clinics, Food, Home Care, Music, Sports and Recreation

Local Seniors Organizations

Hinton

Hinton Friendship Centre Society

965 Switzer Dr
PO Box 6270
Hinton AB, T7V 1X6
Tel: (780) 865-5189
Fax: (780) 865-1756
Email: hintonfc@telusplanet.net

Hours: Mon-Fri: 8:30 am-12:00 pm, 1:00-4:30 pm
Annual Fee: \$3.00

Arts and Crafts, Clinics, Food, Home Care,
Information, Instruction, Sports and Recreation,
Support, Transportation

Hinton Good Companions

250 Hardisty Ave
Hinton AB, T7V 1B9
Tel: (780) 865-3700
Fax: (780) 865-3513
Email: cirus@telusplanet.net

Annual Fee: \$10.00
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Information,
Instruction, Music, Sports and Recreation, Support,
Transportation, Social Events

Hobbema

Kisipatnank Services

PO Box 130
Hobbema AB, T0C 1N0
Tel: (780) 585-3978 or 1-888-281-7907
Fax: (780) 585-3799

Hours: Mon-Fri: 8:00 am-4:00 pm
Minimum Age: 60

Clinics, Home Care, Information, Transportation

Holden

Holden Senior Club

4914 50 St
PO Box 432
Holden AB, T0B 2C0
Tel: (780) 688-2203

Minimum Age: 55

Clinics, Food, Sports and Recreation, Facility Rental

Hughenden

Golden Circle

PO Box 145
Hughenden AB, T0B 2E0
Tel: (780) 856-3765

Hours: Tues, Thurs, Fri: 2:00-4:00 pm, Mon-Sat: 9:00-10:00 am
Annual Fee: \$10.00
Minimum Age: 50

Clinics, Fitness, Food, Sports and Recreation

Local Seniors Organizations

Hussar

Hussar Sundowners

Centre St & 2nd Ave
PO Box 113
Hussar AB, T0J 1S0
Tel: (780)787-2429

Hours: Mon: 2:00-5:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Arts and Crafts, Clinics, Food

Hythe

Hythe Golden Age Centre

PO Box 431
Hythe AB, T0H 2C0
Tel: (780) 356-2654
Fax: (780) 356-2533

Annual Fee: \$5.00
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Sports and Recreation, Transportation

Innisfree

Innisfree Senior Citizen's Association

PO Box 73
Innisfree AB, T0B 2G0
Tel: (780) 592-2242

Annual Fee: \$10.00
Minimum Age: 60

Clinics, Fitness, Food, Home Care, Instruction, Music, Sports and Recreation, Transportation

Irricana

KIK Senior Citizens Club

519 2 Ave
PO Box 454
Irricana AB, T0M 1B0
Tel: (403) 935-0060

Annual Fee: \$25.00
Minimum Age: 65

Arts and Crafts, Clinics, Food, Sports and Recreation

Irvine

Irvine & District New Horizon's Seniors Club

PO Box 267
Irvine AB, T0J 1V0
Tel: (403) 937-2123
Fax: (403) 937-2123

Annual Fee: \$10.00
Minimum Age: 50

Clinics, Food, Sports and Recreation

Local Seniors Organizations

Islay

Islay 50 - 100 Club

5007 49 St
PO Box 8
Islay AB, T0B 2J0
Tel: (780) 744-3970

Annual Fee: \$10.00

Arts and Crafts, Clinics, Food, Instruction, Music,
Sports and Recreation

Jarvie

Jarvie Drop-In Centre

General Delivery
Jarvie AB, T0G 1H0
Tel: (780) 954-3760

Annual Fee: \$5.00

Minimum Age: 55

Arts and Crafts, Food, Music, Sports and Recreation,
Support

Jasper

Jasper Seniors Society

303 Pyramid Lake Rd
PO Box 94
Jasper AB, T0E 1E0
Tel: (780) 852-3347

Annual Fee: \$3.00

Minimum Age: 55

Fitness, Food, Home Care, Sports and Recreation,
Transportation

Kehewin

Kehewin Senior Service Providers

PO Box 89
Kehewin AB, T0A 1C0
Tel: (780) 826-2826
Fax: (780) 826-2882

Hours: Mon-Fri: 8:30 am-4:30 pm

Minimum Age: 60

Home Care, Information, Legal Services, Support,
Transportation, Trips and Outings

Kinuso

Kinuso Senior Citizens

215 2 St
PO Box 117
Kinuso AB, T0G 1K0
Tel: (780) 775-3621

Annual Fee: \$2.00

Minimum Age: 55

Food, Information, Music, Sports and Recreation

Kitscoty

Kitscoty & District Community Centre

4921 50 Ave
PO Box 496
Kitscoty AB, T0B 2P0
Tel: (780) 846-2629
Fax: (780) 846-2629

Hours: Mon-Fri: 9:00 am-6:00 pm
Annual Fee: \$10.00
Minimum Age: 55
Food, Information, Sports and Recreation

La Corey

Willow Prairie Senior Citizens Club

PO Box 78
La Corey AB, T0A 2E0
Tel: (780) 826-3193

Hours: Wed: 1:00-5:00 pm
Annual Fee: \$10.00
Minimum Age: 50
Food, Sports and Recreation

La Glace

La Glace Twilight Club

9936 97 St
PO Box 159
La Glace AB, T0H 2J0
Tel: (780) 568-4250
Fax: (780) 568-2414

Annual Fee: \$10.00
Minimum Age: 55
Arts and Crafts, Clinics, Clubs, Food, Sports and Recreation, Transportation

Lac La Biche

Lac La Biche Canadian Native Friendship Centre

10105 Churchill Dr
PO Box 2338
Lac La Biche AB, T0A 2C0
Tel: (780) 623-3249
Fax: (780) 623-1846
Email: info@nativefriendship.ca

Hours: Mon-Fri: 8:30 am-4:30 pm
Annual Fee: \$5.00
Clubs, Food, Instruction, Music, Sports and Recreation, Support

Seniors Heritage Society

10112 102 Ave
PO Box 237
Lac La Biche AB, T0A 2C0
Tel: (780) 623-8350

Annual Fee: \$10.00
Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Music, Sports and Recreation, Transportation

Local Seniors Organizations

Lacombe

Lacombe Kozy Korner Community Centre

5024 53 St
Lacombe AB, T4L 1J6
Tel: (403) 782-6216

Hours: Mon-Fri: 9:00 am-4:00 pm
Annual Fee: \$10.00

Clinics, Fitness, Food, Information, Music, Sports and Recreation

Lamont

Lamont New Horizons Seniors Drop In Centre

5203 52 St
PO Box 1046
Lamont AB, T0B 2R0
Tel: (780) 895-2766

Hours: Mon-Sat: 9:00 am-5:00 pm
Annual Fee: \$5.00
Minimum Age: 45

Clinics, Fitness, Food, Home Care, Information, Sports and Recreation, Transportation

Lavoy

Senior Citizen Golden Centre of Lavoy

PO Box 3
Lavoy AB, T0B 2S0
Tel: (780) 658-2695
Email: wlebrun@telus.net

Hours: Tues-Thurs: 2:00-5:00 pm
Annual Fee: \$10.00

Clinics, Food, Instruction, Music, Sports and Recreation

Leduc

Leduc-District Senior Citizens Club

4907 46 St
Leduc AB, T9E 6K3
Tel: (780) 986-4392

Hours: Mon: 12:30-4:00 pm, Tues, Wed: 9:30 am-4:00 pm, Thurs: 1:00-4:00 pm, 7:00-10:00 pm
Annual Fee: \$10.00
Minimum Age: 55

Arts and Crafts, Clinics, Food, Music, Sports and Recreation, Support

Legal

Club 60 Roses

5305 46 St
PO Box 332
Legal AB, T0G 1L0
Tel: (780) 961-2383
Email: mj@syz.com

Annual Fee: \$5.00
Minimum Age: 50

Arts and Crafts, Clinics, Food, Sports and Recreation, Facility Rentals

Local Seniors Organizations

Leslieville

Leslieville Leisure Club

PO Box 184
Leslieville AB, T0M 1H0
Tel: (403) 729-3895

Hours: (Oct-Apr) Tues: 1:00-4:00 pm
Annual Fee: \$5.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Instruction, Sports and Recreation

Lethbridge

Lethbridge Senior Citizens Organization

500 11 St S
Lethbridge AB, T1J 4G7
Tel: (403) 320-2222
Fax: (403) 320-2762
Email: clys@lethseniors.com
Website: www.lethseniors.com

Hours: Mon-Fri: 8:00 am-4:30 pm
Annual Fee: \$18.00
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation

Nord Bridge Senior Citizens Association

1904 13 Ave N
Lethbridge AB, T1H 4W9
Tel: (403) 329-3222
Fax: (403) 329-8824
Email: friendly@nordbridgeseniors.com

Hours: Mon-Fri: 8:30 am-4:30 pm
Annual Fee: \$15.00
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation

Readymade 50 Plus Club

PO Box 761
Lethbridge AB, T1J 3Z6
Tel: (403) 345-3823

Annual Fee: \$10.00
Minimum Age: 70

Clubs, Food, Information, Sports and Recreation

Sik-Ooh-Kotoki Friendship Society

1707 2 Ave S
Lethbridge AB, T1J 0E8
Tel: (403) 328-2414
Fax: (403) 327-0087

Hours: Mon-Fri: 9:00 am-9:00 pm
Annual Fee: \$2.00/individual, \$5.00/family

Arts and Crafts, Food, Information, Instruction, Sports and Recreation, Transportation, Elders Meetings

Linden

Linden Care & Share Society

106 1 St SE
PO Box 184
Linden AB, T0M 1J0
Tel: (403) 546-3090

Hours: Tues: 9:00 am-12:00 pm, Thurs: 2:00-5:00 pm
Annual Fee: \$20.00
Minimum Age: 55

Clinics, Fitness, Sports and Recreation, Transportation

Lloydminster

Lloydminster Native Friendship Centre

4602 49 Ave
PO Box 1364
Lloydminster AB, S9V 1K4
Tel: (306) 825-6558
Fax: (306) 825-6565
Email: info@lnfc.org
Website: www.lnfc.org

Hours: Mon-Thurs: 9:00 am-5:00 pm, Fri: 9:00 am-4:30 pm
Annual Fee: \$2.00

Arts and Crafts, Clinics, Food, Information, Instruction, Legal Services, Sports and Recreation, Support, Transportation

Lloydminster Senior Citizens Society

5101 46 St
PO Box 1545
Lloydminster AB, T9V 3B8
Tel: (780) 875-4584
Fax: (780) 875-4582

Hours: Mon-Fri: 8:30 am-4:30 pm
Annual Fee: \$20.00
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Information, Music, Sports and Recreation

Lomond

Lomond Sunshine Drop In Centre

PO Box 53
Lomond AB, T0L 1G0
Tel: (403) 792-3748

Annual Fee: \$10.00
Minimum Age: 50

Arts and Crafts, Clinics, Food, Instruction, Sports and Recreation

Lougheed

Lougheed Senior Citizens Welcome Club

PO Box 306
Lougheed AB, T0B 2V0
Tel: (780) 385-2276

Hours: Mon, Wed: 2:00-5:00 pm
Annual Fee: \$10.00
Minimum Age: 55

Clinics, Food, Sports and Recreation

Mallaig

Mallaig & District Senior Citizen Club

PO Box 136
Mallaig AB, T0A 2K0
Tel: (780) 635-3757

Annual Fee: \$10.00
Minimum Age: 50

Clinics, Clubs, Food, Music, Sports and Recreation

Manning

Star Centre Seniors

PO Box 577
Manning AB, T0H 2M0
Tel: (780) 836-2385

Hours: Tues: 1:30-3:30 pm, Thurs: 1:30-4:00 pm
Annual Fee: \$5.00
Minimum Age: 55

Arts and Crafts, Fitness, Food, Music, Sports and Recreation

Mannville

Mannville Senior Citizens Golden Age Society

PO Box 532
Mannville AB, T0B 2W0
Tel: (780) 763-3545

Hours: Mon-Thurs: 9:00 am-4:00 pm, Fri: 9:00 am-3:30 pm
Annual Fee: \$5.00 or \$25.00/lifetime
Minimum Age: 55

Clinics, Home Care, Instruction, Music, Sports and Recreation, Transportation

Marwayne

Marwayne Senior Citizens Society

PO Box 506
Marwayne AB, T0B 2X0
Tel: (780) 847-3042
Fax: (780) 847-3878

Hours: Wed: 1:00-6:00 pm
Annual Fee: \$5.00
Minimum Age: 50

Arts and Crafts, Clinics, Food, Sports and Recreation

Mayerthorpe

Mayerthorpe Friendship Club

4909 52 St
PO Box 1432
Mayerthorpe AB, T0E 1N0
Tel: (780) 786-4153

Hours: Mon-Fri: 9:00 am-12:00 pm
Annual Fee: \$2.00
Minimum Age: 55

Clubs, Food, Support, Transportation

Mayerthorpe Seniors Friendship Club

PO Box 1432
Mayerthorpe AB, T0E 1N0
Tel: (780) 786-4185

Hours: Mon-Fri: 9:00 am-12:00 pm, Thurs: 7:00-10:00 pm
Annual Fee: \$2.00
Minimum Age: 55

Food, Information, Sports and Recreation, Transportation

McLennan

McLennan Golden Age Club

10 3 Ave NE
PO Box 38
McLennan AB, T0H 2L0
Tel: (780) 324-2282

Annual Fee: \$24.00 or \$45.00 including pool playing
Minimum Age: 55

Clinics, Food, Sports and Recreation

Medicine Hat

City of Medicine Hat Senior Services

225 Woodman Ave SE
Medicine Hat AB, T1A 3H2
Tel: (403) 529-8383
Fax: (403) 529-8382
Email: tamher@medicinehat.ca

Hours: Mon-Fri: 8:00 am-10:00 pm, Sat-Sun:
11:30 am-3:30 pm
Annual Fee: \$40.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home
Care, Information, Instruction, Legal Services, Music,
Sports and Recreation, Support

Milk River

Milk River and District Seniors Society

213 Main St
PO Box 505
Milk River AB, T0K 1M0
Tel: (403) 647-2411

Annual Fee: \$5.00
Minimum Age: 60

Arts and Crafts, Clinics, Clubs, Food, Information,
Sports and Recreation

Mirror

Mirror Jolly Seniors Society

PO Box 41
Mirror AB, T0B 3C0
Tel: (403) 788-2149

Hours: Mon-Fri: 9:00 am-12:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Food, Sports and Recreation

Morinville

Morinville Seniors Rendez-Vous Centre

9913 104 St
PO Box 3117
Morinville AB, T8R 1R9
Tel: (780) 939-2727
Fax: (780) 939-7796

Hours: Mon-Fri: 1:00-5:00 pm, Wed-Thurs: 8:00 am-
12:00 pm
Annual Fee: \$20.00
Minimum Age: 50

Clinics, Food, Instruction, Music, Sports and
Recreation

Mulhurst

Mulhurst Seniors Society

PO Box 92

Mulhurst AB, T0C 2C0

Tel: (780) 389-2451

Annual Fee: \$3.00

Minimum Age: 55

Clinics, Food, Music, Sports and Recreation

Mundare

Mundare Senior Citizens Club

5224 50 St

PO Box 279

Mundare AB, T0B 3H0

Tel: (780) 764-2466 or (780) 764-2480

Hours: Mon-Sat: 1:00-4:00 pm

Annual Fee: \$5.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Instruction, Music, Sports and Recreation, Transportation

Myrnam

Myrnam Senior Citizens

5006 49 St

PO Box 246

Myrnam AB, T0B 3K0

Tel: (403) 366-3302

Annual Fee: \$10.00

Minimum Age: 55

Clinics, Food, Sports and Recreation

Nampa

Nampa Golden Pioneers

10203 100 Ave

PO Box 447

Nampa AB, T0H 2R0

Tel: (780) 322-2373

Email: szpunjk@telus.net

Hours: Tues: 10:00 am-4:30 pm, Fri: 7:00-11:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Music, Sports and Recreation

Nanton

Town and Country Kosy Korner Association

2211 20 St

PO Box 805

Nanton AB, T0L 1R0

Tel: (403) 646-5629

Fax: (403) 646-2653

Email: etribel@telus.net

Hours: Mon-Fri: 9:00 am-5:00 pm

Annual Fee: \$10.00

Minimum Age: 50

Food, Sports and Recreation

Local Seniors Organizations

Okotoks

Okotoks and District Seniors Club

204 Community Way
PO Box 1262
Okotoks AB, T1S 1B3
Tel: (403) 995-4107

Annual Fee: \$10.00

Minimum Age: 55

Clubs, Food, Sports and Recreation

Onoway

Onoway Golden Age Club

5123 49 Ave
PO Box 1162
Onoway AB, T0E 1V0
Tel: (780) 967-4434

Annual Fee: \$5.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,
Instruction, Music, Sports and Recreation

Oyen

Oyen & District Senior Citizens Association

PO Box 242
Oyen AB, T0J 2J0
Tel: (403) 664-3686

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,
Instruction, Sports and Recreation, Transportation

Paradise Valley

Paradise Valley and District Senior Citizens Association

111 Main St
Paradise Valley AB, T0B 3R0
Tel: (780) 745-2260

Annual Fee: \$5.00

Minimum Age: 50

Arts and Crafts, Clinics, Food, Instruction, Sports and
Recreation

Peace River

Peace River Senior Citizens Club

10301 101 St
PO Box 5173
Peace River AB, T8S 1R8
Tel: (780) 624-2700
Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Instruction,
Music, Sports and Recreation

Peace River

Sagitawa Friendship Society

10108 100 Ave
PO Box 5083
Peace River AB, T8S 1R7
Tel: (780) 624-2443
Fax: (780) 624-2728
Email: dixie-sagitawa@telus.net

Hours: Mon-Fri: 8:30 am-5:00 pm
Annual Fee: \$2.00/single \$5.00/family

Arts and Crafts, Food, Information, Instruction, Sports and Recreation, Transportation

Pincher Creek

Fred Huddlestun Senior Citizens Centre

867 Main St
PO Box 2481
Pincher Creek AB, T0K 1W0
Tel: (403) 627-4519

Annual Fee: \$10.00
Minimum Age: 55

Fitness, Food, Instruction, Sports and Recreation

Plamondon

Plamondon Pioneer Club

PO Box 560
Plamondon AB, T0A 2T0
Tel: (780) 798-3239
Email: menarddr@telus.net

Annual Fee: \$5.00
Minimum Age: 40

Arts and Crafts, Clinics, Fitness, Food, Home Care, Instruction, Music, Sports and Recreation, Support, Transportation

Ponoka

Ponoka Seniors Drop-In Centre

5015 46 Ave
Ponoka AB, T4J 1J5
Tel: (403) 783-3027
Fax: (403) 783-7494
Email: mhuff@rttinc.com

Annual Fee: \$10.00
Minimum Age: 55

Arts and Crafts, Clinics, Food, Home Care, Sports and Recreation

Provost

Provost Senior Citizen Society

5137 48 St
PO Box 431
Provost AB, T0B 3S0
Tel: (780) 753-2625

Hours: Mon-Fri: 1:00-4:00 pm
Annual Fee: \$10.00
Minimum Age: 60

Food, Sports and Recreation

Raymond

Raymond and District Seniors

PO Box 134
Raymond AB, T0K 2S0
Tel: (403) 752-3090
Email: circle9@telus.net

Annual Fee: \$15.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Sports and Recreation

Red Deer

Golden Circle Senior Resource Centre

4620 47 Ave
Red Deer AB, T4N 6C3
Tel: (403) 343-6074
Fax: (403) 343-7977
Email: info@goldencircle.ca
Website: www.goldencircle.ca

Hours: Mon-Fri: 8:30 am-4:30 pm

Annual Fee: \$15.00

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation

Red Deer Senior Citizens Downtown House

5414 43 St
Red Deer AB, T4C 1C9
Tel: (403) 346-4043
Fax: (403) 346-4043

Hours: Mon-Fri: 9:00 am-4:00 pm

Minimum Age: 50

Clinics, Food, Music, Sports and Recreation, Transportation

Redcliff

Redcliff Senior Citizens Society

PO Box 1198
Redcliff AB, T0J 2P0
Tel: (403) 548-9252

Annual Fee: \$5.00

Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Sports and Recreation

Redwater

Redwater & District Pioneer Club

4916 50 St
PO Box 932
Redwater AB, T0A 2W0
Tel: (780) 942-3575

Annual Fee: \$5.00

Minimum Age: 50

Clinics, Food, Instruction, Sports and Recreation, Transportation

Local Seniors Organizations

Rimbey

Rimbey & District Drop In Centre

4906 50 St
PO Box 1352
Rimbey AB, T0C 2J0
Tel: (403) 843-2012

Annual Fee: \$10.00

Minimum Age: 55

Music, Sports and Recreation

Rochester

Rochester Golden Age Club

PO Box 183
Rochester AB, T0G 1Z0
Tel: (780)698-2630

Annual Fee: \$5.00

Minimum Age: 55

Arts and Crafts, Clinics, Food, Sports and Recreation

Rockyford

Rockyford Friendship Club

PO Box 216
Rockyford AB, T0J 2R0
Tel: (403) 533-2155

Annual Fee: \$10.00

Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Music

Rosalind

Rosalind Seniors Society

PO Box 62
Rosalind AB, T0B 3Y0
Tel: (780) 375-3781 or (780) 375-2346

Annual Fee: \$5.00

Minimum Age: 50

Arts and Crafts, Food, Sports and Recreation

Rosemary

Rosemary & District New Horizons

Ag Complex Centre St
PO Box 192
Rosemary AB, T0J 2W0
Tel: (403) 378-4266
Fax: (403) 378-3160

Hours: Tues: 9:00 am-12:00 pm, 7:00-9:00 pm

Annual Fee: \$15.00

Minimum Age: 55

Clinics, Food, Sports and Recreation

Ryley

Ryley Sunshine Club

5124 50 St
PO Box 127
Ryley AB, T0B 4A0
Tel: (780) 663-2191

Hours: Mon, Wed: 1:00-5:00 pm, Thurs: 7:00-10:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Clinics, Food, Instruction, Sports and Recreation,
Transportation

Local Seniors Organizations

Saddle Lake

Saddle Lake Home Care

PO Box 189
Saddle Lake AB, T0A 3T0
Tel: (780) 726-2774, 1-888-600-6867
Fax: (780) 726-2776

Hours: Mon-Fri: 8:00 am-4:30 pm

Home Care, Information, Transportation

Sangudo

Sangudo Golden Club

50 Ave
PO Box 73
Sangudo AB, T0E 2A0
Tel: (780) 785-3373

Annual Fee: \$5.00

Minimum Age: 55

Clinics, Food, Sports and Recreation

Seba Beach

Seba Beach Senior's Golden Age Club

109 1 St S
PO Box 293
Seba Beach AB, T0E 2B0
Tel: (780) 797-3773

Hours: Wed, Sat: 11:00 am-3:00 pm, Thurs: 2:00-4:00 pm

Annual Fee: \$12.00

Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Information, Sports and Recreation, Transportation

Sedgewick

Sedgewick Seniors Club

PO Box 205
Sedgewick AB, T0B 4C0
Tel: (780) 384-3605

Hours: Mon-Fri: 1:00-5:00 pm (Oct-Apr), Wed-Fri: 1:00-5:00 pm (Apr-Sep)

Annual Fee: \$10.00

Food, Sports and Recreation

Sherwood Park

Information and Volunteer Centre for Strathcona County

100 Ordze Ave
Sherwood Park AB, T8B 1M6
Tel: (780) 464-4242
Fax: (780) 449-1354
Email: ivc@shaw.ca
Website: www.ivcstrathcona.org

Hours: Mon-Fri: 8:30 am-4:30 pm

Information

Sherwood Park

Sherwood Oaks Senior Citizen's Association

50 Spruce Ave
PO Box 79065
Sherwood Park AB, T8A 2G4
Tel: (780) 467-8389

Hours: Mon-Thurs: 10:00 am-12:00 pm, 1:00-3:30 pm,
Sat: 6:30-10:00 pm
Annual Fee: \$20.00
Minimum Age: 55

Arts and Crafts, Food, Instruction, Sports and
Recreation

Siksika

Siksika Elders Club

PO Box 1100
Siksika AB, T0J 3W0
Tel: (403) 734-5176
Fax: (403) 734-5456
Email: lwchief@telus.com

Hours: Mon-Fri: 8:00 am-4:30 pm
Annual Fee: \$5.00
Minimum Age: 65

Arts and Crafts, Home Care, Information, Sports and
Recreation, Transportation, Trips and Outings

Slave Lake

Slave Lake Native Friendship Centre Society

416 6 Ave NE
Slave Lake AB, T0G 2A0
Tel: (780) 849-3039
Fax: (780) 849-2402
Email: slnfc1@telus.net

Hours: Mon-Fri: 8:30 am-4:30 pm

Food, Information, Legal Services, Support

Slave Lake

Slave Lake Pioneers

PO Box 947
Slave Lake AB, T0G 2A0
Tel: (780) 849-5117

Annual Fee: \$5.00
Minimum Age: 55

Arts and Crafts, Clubs, Food, Information, Music,
Sports and Recreation

Smith

Smith Half Century Plus Association

PO Box 5
Smith AB, T0G 2B0
Tel: (780) 829-2226

Hours: Every other Tues: 10:00 am-4:00 pm
Annual Fee: New: \$10.00, Renewals: \$5.00
Minimum Age: 50

Arts and Crafts, Food, Music, Sports and Recreation,
Transportation

Smoky Lake

Smoky Lake Seniors Drop In Centre Club

PO Box 754
Smoky Lake AB, T0A 3C0
Tel: (780) 656-3552

Hours: Mon-Fri: 9:00 am-5:00 pm
Annual Fee: \$10.00

Clinics, Clubs, Food, Music, Sports and Recreation,
Support, Transportation, Social Evenings

Spirit River

Happy Hour Club

5015 47 Ave
PO Box 813
Spirit River AB, T0H 3G0
Tel: (780) 864-4391

Annual Fee: \$10.00
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Home Care,
Instruction, Music, Sports and Recreation, Support,
Transportation

Spruce Grove

Spruce Grove Golden Age Club

301 Jespersen Ave
PO Box 3084
Spruce Grove AB, T7X 3A4
Tel: (780) 962-5020

Annual Fee: \$20.00
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Food, Instruction,
Music, Sports and Recreation, Transportation

Spruce View

Golden West Drop In Centre

PO Box 128
Spruce View AB, T0M 1V0
Tel: (403) 728-3564

Annual Fee: \$2.50
Minimum Age: 55

Clinics, Clubs, Food, Music, Sports and Recreation

St. Albert

St. Albert Senior Citizens Club

7 Tache St
St. Albert AB, T8N 2S3
Tel: (780) 459-0433
Fax: (780) 459-9588
Email: seniorcc@telus.net
Website: www.stalbertseniorsclub.org

Hours: Mon-Fri: 8:30 am-4:30 pm
Annual Fee: \$40.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food,
Information, Instruction, Legal Services, Music, Sports
and Recreation, Transportation

St. Isidore

Club du Bon Temps

General Delivery
St. Isidore AB, T0H 3B0
Tel: (780) 624-8370

Hours: Wed: 7:30-11:00 am, Sat: 7:30 am-12:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Instruction, Sports and Recreation, Transportation

St. Michael

St. Michael Golden Age Club

PO Box 75
St. Michael AB, T0B 4B0
Tel: (780) 896-2401

Annual Fee: \$5.00
Minimum Age: 45

Clinics, Fitness, Food, Sports and Recreation, Support, Transportation

St. Paul

Centennial Senior Citizens Club

5114 49 St
St. Paul AB, T0A 3A2
Tel: (780) 645-2929

Annual Fee: \$5.00
Minimum Age: 55

Food, Sports and Recreation

Mannawanis Native Friendship Centre

4901 50 St
PO Box 1358
St. Paul AB, T0A 3A0
Tel: (780) 645-4630
Fax: (780) 645-1980
Email: mannatfc@mcsnet.ca

Hours: Mon-Fri: 9:00 am-5:00 pm
Annual Fee: \$5.00

Arts and Crafts, Food, Home Care, Information, Music, Sports and Recreation, Support

St. Paul Senior Citizen's Club

4809 47 St
St. Paul AB, T0A 3A3
Tel: (780) 645-5566

Hours: Mon-Sun: 8:00 am-4:00 pm
Annual Fee: \$6.00
Minimum Age: 55

Food, Home Care, Music, Sports and Recreation

Local Seniors Organizations

Standard

Standard Seniors Young At Heart Club

817 The Broadway
PO Box 327
Standard AB, T0J 3G0
Tel: (403) 644-2147
Fax: (403) 644-2147
Email: mpjellis@telusplanet.net

Hours: Mon-Sat: 9:00 am-12:00 pm
Annual Fee: \$10.00
Minimum Age: 55

Arts and Crafts, Clinics, Food, Home Care, Legal Services, Music, Sports and Recreation, Support, Transportation

Standoff

Blood Tribe Social Development Seniors Program

PO Box 529
Standoff AB, T0L 1Y0
Tel: (403) 737-3940
Fax: (403) 737-2469

Hours: Mon-Fri: 8:30 am-12:00 pm, 1:00-4:30 pm
Minimum Age: 65

Information, Instruction, Support

Stavelly

Stavelly Golden Age Center

5026 50 Ave
PO Box 146
Stavelly AB, T0L 1Z0
Tel: (403) 549-3933

Hours: Mon-Fri: 1:00-5:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Sports and Recreation

Stettler

Erskine and District Seniors

PO Box 871
Stettler AB, T0C 2L0
Tel: (403) 742-4744

Annual Fee: \$5.00

Arts and Crafts, Clubs, Food, Sports and Recreation

Stirling

Stirling Seniors

PO Box 23
Stirling AB, T0K 2E0
Tel: (403) 756-3824

Hours: Thurs: 6:00-9:30 pm
Annual Fee: \$10.00
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Food, Music, Sports and Recreation

Stony Plain

Senior Citizens Society of Stony Plain

5018 51 Ave
Stony Plain AB, T7Z 1C2
Tel: (780) 963-4707

Hours: Mon-Sat: 8:30-11:00 am, 12:30-4:00 pm
Annual Fee: \$10.00
Minimum Age: 55

Clinics, Fitness, Sports and Recreation

Strathmore

The Happy Gang Society of Strathmore

85 Lakeside Blvd
PO Box 2054
Strathmore AB, T1P 1K1
Tel: (403) 901-2377
Email: vnoy@shaw.ca

Hours: Mon-Fri: 1:00-5:00 pm, Mon, Wed, Fri:
10:00 am-12:00 pm, Mon: 7:00-10:00 pm
Annual Fee: \$15.00
Minimum Age: 50

Food, Sports and Recreation, Trips and Outings

Strome

Strome Seniors Centre

PO Box 185
Strome AB, T0B 4H0
Tel: (780) 376-3571

Hours: Mon-Fri: 9:00-11:00 am, 2:00-4:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Clinics, Food, Information, Legal Services, Music,
Sports and Recreation, Transportation

Sundre

Sundre West Country Centre

4-101 2 Ave NW
PO Box 1896
Sundre AB, T0M 1X0
Tel: (403) 638-3298
Email: insomm@telusplanet.net

Hours: Mon, Wed-Fri: 1:00-4:00 pm
Annual Fee: \$10.00
Minimum Age: 50

Arts and Crafts, Clinics, Food, Home Care, Sports and
Recreation

Swan Hills

50+ Graying and Staying

1 Derrick Cres
PO Box 149
Swan Hills AB, T0G 2C0
Tel: (780) 333-4119
Fax: (780) 333-4547
Email: fcss@vennercs.com

Minimum Age: 50

Arts and Crafts, Clinics, Food, Support, Trips and
Outings, Social Events

Local Seniors Organizations

Taber

Parkside Manor Seniors

4830 50 St
Taber AB, T1G 1H7
Tel: (403) 223-4247

Hours: Mon-Fri: 9:00 am-5:00 pm
Annual Fee: \$10.00
Minimum Age: 55

Clubs, Fitness, Food, Music, Sports and Recreation

Thorhild

Thorhild Golden Age Drop In Center

702 2 St
PO Box 6
Thorhild AB, T0A 3J0
Tel: (780) 398-3564
Email: skelach@telusplanet.net

Hours: Mon-Fri: 1:00-3:00 pm
Annual Fee: \$5.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food,
Information, Sports and Recreation

Thorsby

Thorsby Senior Citizens Club

4812 51 St
PO Box 145
Thorsby AB, T0C 2P0
Tel: (780) 789-3883

Annual Fee: \$4.00
Minimum Age: 55

Clinics, Food, Home Care, Music, Sports and
Recreation

Three Hills

Seniors Outreach Program in Three Hills and District

160 3 Ave S
PO Box 1465
Three Hills AB, T0M 2A0
Tel: (403) 443-2555
Fax: (403) 443-7755
Email: seniorso-threehills@telus.net

Hours: Mon-Fri: 9:00 am-5:00 pm

Clinics, Fitness, Home Care, Information, Instruction,
Legal Services, Support, Transportation

Three Hills Pioneer Society

499 3 Ave SE
PO Box 72
Three Hills AB, T0M 2A0
Tel: (403) 443-5814
Fax: (403) 443-5814

Annual Fee: \$20.00
Minimum Age: 50

Information, Music, Sports and Recreation

Tilley

Tilley Friendship Society

237 Centre St

PO Box 25

Tilley AB, T0J 3K0

Tel: (403) 377-2520

Annual Fee: \$5.00

Minimum Age: 60

Clinics, Food

Tofield

Tofield Golden Club

5004 54 Ave

PO Box 357

Tofield AB, T0B 4J0

Tel: (780) 662-3785

Hours: Mon-Sat: 7:30-11:00 am

Annual Fee: \$5.00

Minimum Age: 55

Clinics, Food, Instruction, Legal Services, Music, Sports and Recreation

Trochu

Trochu Seniors Drop-In Centre

PO Box 6

Trochu AB, T0M 2C0

Annual Fee: \$10.00

Minimum Age: 50

Food, Sports and Recreation

Turner Valley

Valley Neighbours Club

133 Sunset Blvd

PO Box 1024

Turner Valley AB, T0L 2A0

Tel: (403) 933-3799

Annual Fee: \$10.00

Arts and Crafts, Fitness, Food, Instruction, Sports and Recreation, Trips and Outings

Two Hills

Two Hills Senior Citizens Centre

4903 47 Ave

PO Box 147

Two Hills AB, T0B 4K0

Tel: (780) 657-2071

Hours: Tues, Thurs: 10:00 am-12:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Clinics, Food, Sports and Recreation, Social Events

Valleyview

Valleyview and District Sun Valley Pioneers

PO Box 1381

Valleyview AB, T0H 3N0

Tel: (780) 524-2506

Annual Fee: \$10.00

Minimum Age: 50

Clinics, Food, Instruction, Music, Sports and Recreation

Local Seniors Organizations

Vauxhall

Vauxhall & District Senior Citizens Club

PO Box 751

Vauxhall AB, T0K 2K0

Tel: (403) 654-2763

Annual Fee: \$5.00

Minimum Age: 55

Clinics, Fitness, Food, Sports and Recreation

Vegreville

Vegreville Senior Citizens Sunshine Club

4630 49 St

Vegreville AB, T9C 1C2

Tel: (780) 632-2624

Hours: Mon-Sat: 10:00 am-4:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Clinics, Food, Instruction, Music, Sports and Recreation

Vermilion

Vermilion Senior Citizens' Centre

5324 50 Ave

Vermilion AB, T9X 1V2

Tel: (780) 853-4292

Fax: (780) 853-4292

Hours: Mon-Fri: 9:30-11:30 am

Annual Fee: \$15.00

Minimum Age: 50

Clinics, Food, Home Care, Music, Sports and Recreation

Viking

Viking Senior's Club

5024 53 Ave

PO Box 825

Viking AB, T0B 4N0

Tel: (780) 336-2115

Fax: (780) 336-2115

Minimum Age: 50

Clinics, Fitness, Food, Sports and Recreation, Transportation

Vilna

Vilna Senior Citizens' Recreation Society

5123 50 St

PO Box 149

Vilna AB, T0A 3L0

Tel: (780) 636-2350

Annual Fee: \$5.00

Minimum Age: 50

Clubs, Food, Sports and Recreation, Transportation

Local Seniors Organizations

Vulcan

Vulcan Senior Citizens

303 Centre St
PO Box 53
Vulcan AB, T0L 2B0
Tel: (403) 485-2723

Hours: Mon-Sat: 10:00 am-12:00 pm, 1:00-4:00 pm
Annual Fee: \$25.00
Minimum Age: 50

Arts and Crafts, Fitness, Food, Sports and Recreation

Wabamun

Wabamun and District Seniors Association

5117 51 Ave
PO Box 85
Wabamun AB, T0E 2K0
Tel: (780) 892-3454

Annual Fee: \$10.00
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Sports and Recreation, Transportation

Wainwright

Wainwright Prairie Rose Seniors Association

731 2 Ave
Wainwright AB, T9W 1C4
Tel: (780) 842-2632

Annual Fee: \$15.00
Minimum Age: 50

Sports and Recreation, Hall Rentals

Warburg

Warburg Senior's Centre

PO Box 425
Warburg AB, T0C 2T0
Tel: (780) 848-2377
Email: bobru@telus.net

Hours: Tues-Sun: 9:00 am-3:00 pm
Annual Fee: \$15.00/men, \$5.00/women
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Home Care, Sports and Recreation, Support, Transportation

Waskatenau

Waskatenau Senior Citizen's Association

5156 50 St
PO Box 128
Waskatenau AB, T0A 3P0
Tel: (780) 358-2244

Hours: Mon-Sat: 1:00-6:00 pm
Annual Fee: \$5.00
Minimum Age: 50

Clinics, Fitness, Food, Information, Instruction, Sports and Recreation

Local Seniors Organizations

Westlock

Linaria Senior Citizens Association

RR 1

Westlock AB, T7P 2N9

Tel: (780) 349-2536

Annual Fee: \$1.00

Minimum Age: 50

Arts and Crafts, Clubs, Food, Sports and Recreation

Westlock Golden Age Club

10248 105 St

Westlock AB, T7P 1V8

Tel: (780) 349-4100

Hours: Mon-Fri: 1:00-4:30 pm

Annual Fee: \$10.00

Minimum Age: 55

Food, Sports and Recreation, Social Events

Wetaskiwin

Wetaskiwin Senior Citizen's Society

5216 54 St

Wetaskiwin AB, T9A 2X1

Tel: (780) 352-4646

Fax: (780) 352-8225

Email: seniorsc@incentre.net

Hours: Mon-Fri: 9:00 am-12:00 pm, 1:00-4:00 pm

Annual Fee: \$10.00

Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Legal Services, Music, Sports and Recreation, Transportation

Whitecourt

Whitecourt Seniors Circle

5212 50 St

PO Box 1863

Whitecourt AB, T7S 1P2

Tel: (780) 778-4950

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Fitness, Food

Whitelaw

New Horizons Crafts' N Games Whitelaw Drop In Center

PO Box 114

Whitelaw AB, T0H 3T0

Tel: (780) 596-2112

Fax: (780) 596-2255 (notify first)

Annual Fee: \$5.00

Minimum Age: 55

Food, Sports and Recreation

Wildwood

Wildwood Senior Citizen's Club

4912 51 Ave E

PO Box 464

Wildwood AB, T0E 2M0

Tel: (780) 325-2699

Annual Fee: \$10.00

Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Information, Instruction, Sports and Recreation

Youngstown

Youngstown 50 Plus

218 Main St

PO Box 44

Youngstown AB, T0J 3P0

Tel: (403) 779-3915

Hours: Tues: 2:00-5:00 pm

Annual Fee: \$5.00

Minimum Age: 50

Sports and Recreation

National and Provincial Organizations

Alberta 55 Plus.....	3
Alberta Association on Gerontology	3
Alberta Centre for Active Living.....	3
Alberta Council on Aging.....	3
Alberta Gerontological Nurses' Association	3
Alberta Retired Teachers' Association	4
Alberta Seniors Citizens Housing Association (ASCHA).....	4
Alzheimer Society of Alberta and NWT	4
Association of Adult Day Support Programs.....	4
Canadian Cancer Society Alberta/NWT Division	5
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